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ANIMATED BOOK
SUMMARY

Optimizing your
Brain through

Exercise

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How Exercise For
Benefits Your Brain
- Exercise and The
Brain (animated)

The 5 Minute MIND
EXERCISE That Will
CHANGE YOUR
LIFE! (Your Brain
Will Not Be The
Same)

"Exercise is the
Best Medicine for
our Brain" by Dr.
John Ratey

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The brain-changing
benefits of exercise
| Wendy Suzuki
Neuroscientist
explains the best
exercise to
improve brain
function 6 Brain
Exercises for
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Step 2 of Brain
Education Brain
Gym Exercise for
Students Super
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Brain Yoga | To
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Power | For Sharp
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Exercise On The
Brain And Body -
Why You Need
Exercise

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METHOD TO RELAX

IN 5 MINUTES Hold

Your Hand In This

Position And You

Will Not Believe

What Follows Next!

A Simple Test Will

Show If You Are a

Genuine Introvert

11 Secrets to

Memorize Things

Quicker Than

Others Press Here

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for 60 Seconds and
See What Happens
to Your Body

9 Proofs You
Can Increase Your
Brain Power
Common Sense
Test That 90% of
People Fail
7 Riddles That Will
Test Your Brain
Power

You can grow new
brain cells. Here's

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how | Sandrine
Thuret 4 Exercises
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Your Brain Is How

Exercise Affects
Your Brain 14 Brain
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~~10 Exercises That'll~~
~~Make You Smarter~~
~~In a Week~~ Effects

of Exercise on the
Brain, Animation
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Brain? Get more
creative with this
Right Brain

Workout. Improve
your memory. 11

Quick Exercises to
Improve Your
Memory by 90%

Exercises For The
Brain And

13 Brain Exercises
to Help Keep You

Puzzles

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Mentally Sharp. 1.

Have fun with a
jigsaw puzzle.

Whether you're

putting together a

1,000-piece image
of the Eiffel Tower

or joining 100

pieces to make

Mickey Mouse, ... 2.

Try your hand at

cards. When's the

last time you

played a game of

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cards? Researchers
who ...

The Brain And

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Brain Exercises: 13

Ways to Boost

Exercises Fun

Memory, Focus,
and ...

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Physical exercise is

Increase Mental

a crucial part of

Fitness Boost

staying healthy,

Your Brain

but exercising your

Join Today

brain is just as

With Crossword

essential to help

Puzzles

keep your mind

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sharp and prevent
memory loss. Here
are some great
brain exercises for

Neurobic

Exercises Fun
Brain Exercises to
Puzzles To
Boost Memory |

Everyday Health

Up next is an
interesting brain
exercise that one

neurobiologist
suggests might

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help "keep your brain alive." In his book *Keep Your Brain Alive: 83*

Neurobic Exercises to Help Prevent Memory Loss and Increase Mental

Fitness, neurobiologist Lawrence Katz

recommends using your non-dominant hand to strengthen

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your mind.
Exercises For

The Brain And Memory 70 Strengthen Your Mind

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are good brain

exercises. Just as
the body benefits
from doing a

variety of physical
exercises such as
aerobics, strength

Puzzles

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training and stretching, so does the mind benefit from doing various kinds of brain exercises too. Here are a few simple exercises that will stretch your grey matter:

Brain Exercises |
The CP Diary
Exercise turns on
Page 20/43

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the gene that sends a signal to create more brain-derived

neurotrophic factor (BDNF), a protein that stimulates new brain cell formation. (27)

Even as little as one 30-minute exercise session can improve brain plasticity, your

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brain's ability to
keep growing and
changing
throughout your
lifetime.

Exercises Fun
Top Brain Exercises
Puzzles To
to Keep You Sharp
(in-depth review ...

This is a great
brain exercise for
people of any age
because it keeps
you talking with
Word Search
Puzzles

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people. Regular conversation also helps stimulate the production of healthy chemicals for better mental health. And for a double-whammy of health and brain benefits, singing has been shown to increase cortisol and other chemicals involved

Puzzles

Where To Download in healing. Exercises For The Brain And Memory 70 That Ensure

Memory
Improvement
To exercise your
brain, try doing
puzzles, like
crosswords and
Japanese pocket
puzzles, which are
like workouts for
your brain. You can

Puzzles

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also exercise your brain by learning something new or picking up a new hobby, like playing an instrument, painting, or studying a new language.

Fitness Boost

How to Exercise Your Brain (with Pictures) - wikiHow
Some forms of

Puzzles

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exercise however have a greater impact on the structure of the brain. This helps improve higher cognitive functions and can stave off dementia as the brain ages.

Aerobics, HIIT, cardio training and martial arts-based fitness programs

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deliver greater
visible benefits
here than
resistance training
alone.

Exercises Fun

How Exercise
Improves The Brain

- DAREBEE Mental

Exercise affects the
brain in many

ways. It increases
heart rate, which
pumps more

Puzzles

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oxygen to the
brain. It aids the
release of
hormones which
provide an
excellent
environment for
the growth of ...

Increase Mental

How Exercise
Affects Your Brain -
Scientific American
Exercise has been
shown to cause the

Puzzles

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hippocampus, a part of the brain that's vital for memory and learning, to grow in size. This serves to increase mental function in older adults (33 , 34 , 35).

Fitness Boost

The Top 10
Benefits of Regular
Exercise -

Puzzles

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Healthline

Exercise and the brain: why moving your body matters;

This competition is now closed.

Exercise and the brain: why moving your body matters.

Save 40% on an annual subscription to BBC Science

Focus Magazine.

Exercise boosts

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Puzzles

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your brain, but a walk on the wild side is what you need to keep your hippocampus happy.

Exercise and the brain: why moving your body matters - BBC ...

Aerobic exercise can help relieve the symptoms.

Puzzles

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Physical activity stimulates the production of endorphins, a hormone that reduces pain, stress and discomfort. Also, the levels of dopamine will increase. When your body's hormone levels are low, you can

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experience a bad mood, less motivation and a bad memory.

Neurobic

Exercise and the Brain: How Fitness Impacts Learning

Exercise's Effects

Physical activity increases the volume of the

brain's

hippocampus and

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improves learning
and memory in
mice and humans.

Mouse studies
have linked these
effects to the
growth and
maturation of new

neurons. Now,
researchers are
beginning to
unravel the
molecular
mechanisms that

Puzzles

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connect exercise to these cognitive benefits.

How Exercise
Reprograms the
Brain | The
Scientist

Magazine®
Ratey recommends
8 to 12 minutes a
day of sweating
and breathing-hard
exercise (60% of

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Puzzles

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maximum heart rate) for brain training. Anderson says a minimum would be 30 minutes of moderate exercise

...
Puzzles To

Increase Mental
Train Your Brain
Fitness Boost
With Exercise -
Your Brain
WebMD

Exercise and the
brain. Exercise
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helps memory and thinking through both direct and indirect means.

The benefits of exercise come directly from its ability to reduce insulin resistance, reduce inflammation, and stimulate the release of growth factors—chemicals

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in the brain that
affect the health of
brain cells, the
growth of new
blood vessels ...

Exercises Fun
Regular exercise
changes the brain
to improve Mental
memory ...

Exercise doesn't
only mean playing
sports, it just
means moving

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your body and
being active. A few
other examples of
exercise are:

dancing, walking,
biking, swimming,
or throwing a
Frisbee. What is
happening in the
body and brain
during exercise? As
your heart rate
increases during
exercise, blood

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flow to the brain
increases.

How Does Exercise
Affect the Brain? |
Dana Foundation
Research shows
that writing with a
pen on paper can
create and sharpen
existing neural
pathways in the
brain, while carving
new neuronal

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connections. The
hippocampus,
which is
responsible for...

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9 Simple Ways to
Exercise Your Brain
- Psych Central

Brain power

improves by brain
use, just as our
bodily strength
grows with
exercise. And there

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is no doubt that a large proportion of the female population, from school days to late middle age, now have very complicated lives indeed.

Fitness Boost Your Brain

Juice Today

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