

## Health &amp; Fitness

## • Health &amp; Fitness

## Getting 'physical' promotes brain power

We've all heard how exercise and physical activity enhances the mind as well as the body. This is not a myth, but rather a proven, scientific fact. Physically fit adults scored better on attention tasks and showed higher blood flow in the brain than did their less fit counterparts. In contrast, 14 seniors who completed a six-month course of stretching and toning exercises – but NOT aerobic exercise – showed little improvement on the attention task.

These results come on the heels of animal studies that dis-

closed how "active" animals were able to learn faster than those that were inactive. A Society for Neuroscience study reported higher blood-flow levels in the brain capillaries of monkeys that performed treadmill exercises over several weeks. The same results were obtained with mice. A researcher and her colleagues at the renowned Salk Institute for Biological Studies in San Diego showed how mice that exercised daily on a running wheel learned more quickly than did sedentary mice. What's more, new brain

---

DR .  
PROODIAN'S  
PRESS



By. Dr. James Proodian

---

cells began to appear in a region of the hippocampus associated with memory. So, the moral is ... if you're going to forget anything, don't forget to exercise!

I want to wish all my readers a happy and healthy holiday season, as this will be my last article in 2005. I am taking a few

weeks off but looking forward to raising the health literacy of my community in 2006. After all, learning how to take better care of ourselves is the key to good health and longevity! Thank you for all your support throughout 2005, and a special thanks to this newspaper for being kind enough to help me spread the word of better health.

■  
*Dr. James Proodian is an author, educator, and healthcare practitioner specializing in Chiropractic Rehabilitation and other natural healing tech-*

*niques. He also provides free health lectures and health screenings for companies, clubs, schools, churches, and other organizations throughout Monmouth County. All of Dr. Proodian's health articles can be found on his website at*

*www.-  
NaturalHealthcareCenter.com.  
He can also be reached at his practice, Natural Healthcare Center, at 732-222-2219.*