

Exercise helps build new brain cells

Exercise not only helps to build muscle, it builds brain cells as well! New research conducted at Columbia University Medical Center indicates that bouts of aerobic exercise help build new brain cells in a region of the brain known to be affected in the age-related memory decline that begins around age 30 for most humans.

Researchers used magnetic resonance imaging (MRI) to study the impact of the exercise. They found that exercise generated increased blood flow to the affected region, and the more fit the study participants got, the more blood flow the MRI detected. The increased blood flow helped to build new brain cells.³

³*Pereira A, et al. (2007). An in vivo correlate of exercise-induced neurogenesis in the adult dentate gyrus. The Proceedings of the National Academy of Sciences, 104*

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