

Exercise Improves Memory

We all know that exercise improves function of the body, but what majority of us don't know is that it also improves various areas of the brain, one being the hippocampus, which is responsible for making and retaining memory. One study found that older adults above the age of 50, who participated in simple moderate exercise such as brisk walking for 40 minutes a day showed not only improved memory retention, but also increased hippocampus size which has a https://cdn.pixabay.com/photo/2016/10/27/09/57/brain-1773850_960_720.png correlation to slowing down the rate of memory loss (Gage, F. G., 2011, pg. 3017-18). Another study found that people who did moderate intensity exercise 4 hours after learning a picture memory game showed higher scores than people who didn't participate in exercise (Dongen, E. D., 2016, pg. 1723-1725). In conclusion, participating in any form of exercise performed regularly will have positive effects on the brain, in this case memory.

