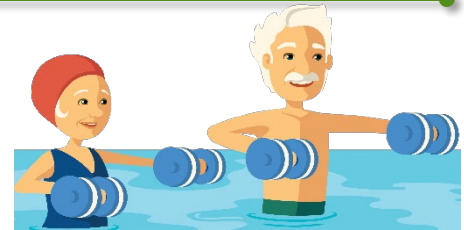


### Boost Your BRAIN!

As we age, it is common to lose clarity in memory and for our mental agility to become a bit “less agile”. While there is always a lot of talk about brain puzzles and training games for memory improvement, studies continue to indicate that exercise is one of the best ways to improve brain health.



Exercise gets your heart pumping and sends fresh, oxygenated blood throughout your body, including to your brain. “The increased blood flow to your brain can cause parts of the brain to grow, including the hippocampus, or the memory center of the brain,” says Jack Der-Sarkissian, MD of Kaiser Permanente.

This means that your workouts can help new brain cells to grow, reversing the signs of aging in the brain. Aerobic (or “cardio”) exercise can help **slow brain aging by about 10 years!**



Live 2 B Healthy® offers seniors plenty of choices so that, no matter what your age or fitness level, you can boost your brain power. All of our classes are led by nationally certified personal trainers with experience in leading group senior fitness classes. So you can be certain that those exercises that are good for your brain are also good – and safe – for your body.

Dance of all type is a particularly good workout for your brain. Not only does the cardio movement of dance send fresh, oxygenated blood throughout your body, but the challenge of learning the dance steps helps to increase the hippocampus region of the brain. This part of the brain plays a key role in memory, learning and helping you to keep your balance.



Both Tai Chi and yoga emphasize precise, slow movements that can benefit your brain in many ways. Learning the sequences of movements challenges your brain in the same way that learning dance moves does. The added mindfulness that is inherent in the graceful, slow movements, combined with breathing techniques help to reduce stress and depression.



Cardio workouts – even low-impact ones – are a win-win for your brain and overall health. In addition, “Exercise has been shown to indirectly improve both mood and sleep – both essential to good brain health,” adds Dr. Der-Sarkissian. Visit our [website](#) to learn more.



To locate FREE local senior fitness classes in your area, please visit:

<https://franchise.live2bhealthy.com/class-schedule/>

Enter your zip code to find locations near you.