Exercise Protects the Brain

Interested in improving your memory and delaying dementia? It may be as easy as getting out of your chair and moving. Exercise physiologist, Guy Leahy notes that physical activity delays negative disease processes. According to Harvard Health Publishing, exercise improves memory, reduces inflammation, and stimulates the release of chemicals in the brain. Exercise causes the heart to pump more blood, which ensures that more oxygen reaches the brain.

Indirectly, exercise improves mood and sleep, and reduces stress and anxiety. Problems in these areas frequently cause or contribute to cognitive impairment.

With benefits like these, I encourage you to exercise and log your miles.

March is National Nutrition Month. Celebrate by adding produce to your diet. Consider the following suggestions to "feed the energy need."

1. Bring a crunchy vegetable and hummus (I like salsa with raw vegetables) to work as a snack.
2. Pack a mix of greens (lettuce) with other vegetables for a salad. Olive oil and peach vinegar is a yummy dressing.
3. Leftover pizza? Sauté some vegetables to put on top.
4. Remember, a 1/2 cup of cooked vegetables is equal to one serving size. Try eating a cup at lunch and dinner to have four servings.
5. Keep a few apples and oranges (or any fruit) available as a quick snack.
CHECK THIS OUT
WAAZ participants and their four-legged friend on a walk!

First Place: Diverse Soles

Second Place: Wonder Women

Third Place: The RNners

JOIN US!

Feb. 27: Walks With Campus Leaders
Walk with Terry Hunt,
Dean, Honors College Professor, Anthropology
Meet in front of the Slonaker House 1027 E 2nd St
Noon - 12:30 p.m.

March 13: Walks With Campus Leaders
Walk with Brian Seastone,
Chief, University of Arizona Police
Meet in front 2nd & Warren/the gates of the softball stadium
Noon - 12:30 p.m.