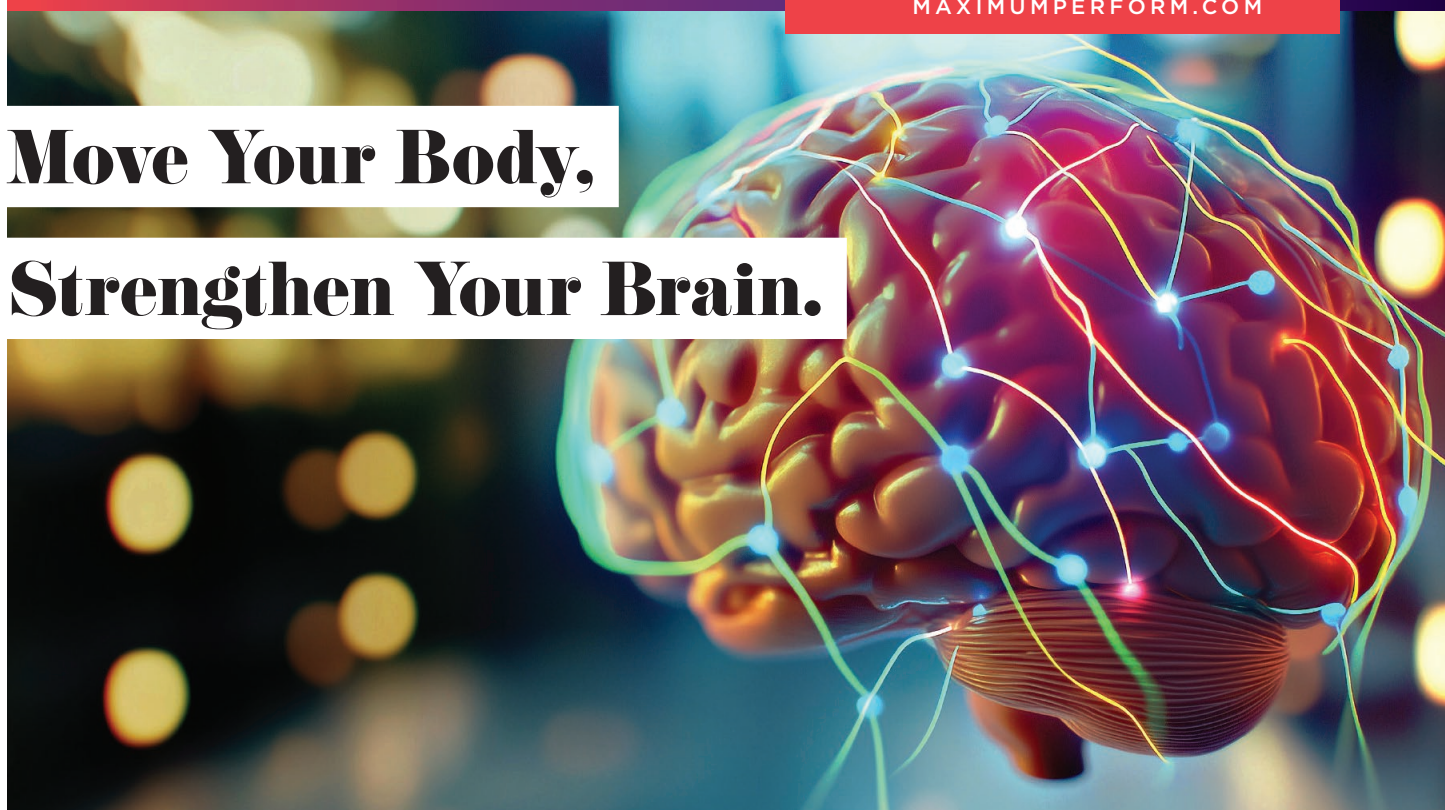


# *Taking* **CONTROL**

MAXIMUMPERFORM.COM

**Move Your Body,**

**Strengthen Your Brain.**



## **Easy Ways to Support Cognitive Function**

**Y**ou've probably heard that staying active is great for your heart and muscles. But did you know that it's also one of the best things you can do for your brain as you get older? It's true. Regular movement helps keep your mind sharp and may even lower the risk of memory loss and other cognitive changes as you age.

### **Protecting Your Brain Starts with Movement**

We all have a brain that needs to be taken care of. When someone is diagnosed with a neurological condition, especially one that is progressive, it can feel like decline is unavoidable. However, the science surrounding exercise suggests something encouraging: staying active can actually protect and support brain health, no matter the diagnosis.

Some of the most common brain-related conditions include Parkinson's disease, multiple sclerosis, traumatic brain injury, stroke, spinal cord injuries, dementia, and Alzheimer's disease. While each of these affects the brain in different ways, movement remains a powerful tool for supporting overall cognitive health and quality of life.

**Here's how moving your body helps keep your brain working at its best:**

### **Strengthen Brain Connections**

Exercise strengthens the connections between your brain cells. You can think of it like improving your brain's communication system, which helps with focus, memory, and clear thinking.

### **Protect Your Brain's Wiring**

Just like insulation protects electrical wires, a fatty substance called myelin protects your brain's neural pathways. Exercise helps preserve this vital layer, allowing signals to travel more quickly and efficiently.

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Continued on back

# Taking CONTROL

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It's never too late to start moving—your brain benefits at any age!



*Just 30 minutes of movement a day can help improve memory and focus.*

### **Supports Memory and Thinking Skills**

Regular physical activity is linked to a lower risk of cognitive conditions like dementia. Staying active helps you maintain key cognitive functions, such as memory, attention, and problem-solving.

### **Encourages Brain Cell Growth**

Exercise boosts the production of new brain cells, particularly in the hippocampus, the area of the brain responsible for learning and memory. It's like giving your brain a regular tune-up.

### **Beneficial Molecules at Work**

When you move, your muscles release natural proteins called myokines. These may play a role in enhancing

brain function and promoting brain health.

### **Improved Blood Flow and Reduced Inflammation**

Consistent exercise means better blood flow to your brain, delivering the oxygen and nutrients it needs to function optimally. It also helps reduce inflammation, which can be harmful to brain health.

### **The Bottom Line:**

Staying active isn't just good for your body, it's essential for your brain. Whether it's walking, swimming, dancing, or yoga, find a type of movement you enjoy. Your brain will thank you, both now and in the future.

## BRAIN HEALTH



**If you're unsure where to start or need guidance tailored to your unique needs...**

...our physical therapists and personal trainers are here to help. Contact us today to discover how we can help you achieve your movement goals and maintain a strong mind and body.

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