

Physical Fitness and Brain Health

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In a recent study researchers investigated the link between brain size, or volume of brain cells, and early Alzheimer's disease. The study subjects consisted of 121 people, age 60 and older, who underwent fitness tests using a treadmill as well as brain scans to measure the white matter, gray matter and total volume of their brains. Of the group, 57 were in the early stage of Alzheimer's disease while the rest of the group did not have dementia.

"People with early Alzheimer's disease who were less physically fit had four times more brain shrinkage when compared to normal adults than those who were more physically fit, suggesting less brain shrinkage related to the Alzheimer's disease process in those with higher fitness levels," stated author Jeffrey M. Burns, M.D., of the University of Kansas School of Medicine in Kansas City and a member of the American Academy of Neurology.

"People with early Alzheimer's disease may be able to preserve their brain function for a longer period of time by exercising regularly and potentially reducing the amount of brain volume lost. Evidence shows decreasing brain volume is tied to poorer cognitive performance, so preserving more brain volume may translate into better cognitive performance," Dr. Burns said.

Regular physical exercise and mental exercise are all part of a balanced lifestyle that helps to contribute to overall well being. Dakim Brain fitness is a fun way to get your daily dose of brain exercise: it's only 20 minutes, and best of all, its fun.

Dakim has made it really easy and fun to get your daily dose of mental stimulation with Dakim Brain Fitness system at the Wellness Centers of Lee Memorial Health System. During each 20 minute workout session, the following cognitive domains are exercised:

long-term memory, short-term memory, language, computation, visual-spatial orientation and critical thinking.

Join the Healthy Brain Initiative today by clicking on the Class Schedule on the Home Page to find out about memory classes and the computer classes on the Dakim Brain Fitness system.

However, before starting a new fitness routine, please consult with your family doctor.