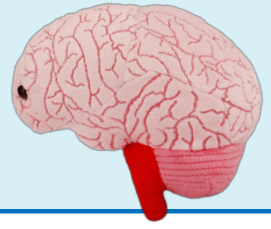


# BRAIN GAINS: EXERCISE FUELS YOUR GRAY MATTER



- Physical activity has been shown to increase memory, problem-solving, and emotional balance. It can also reduce anxiety and depression.
- By maintaining regular physical activity, you can reduce your risk of cognitive decline. Any amount of physical activity can help!

## Dopamine



Exercise is a great way to naturally boost dopamine, the neurotransmitter responsible for the brain's reward system.

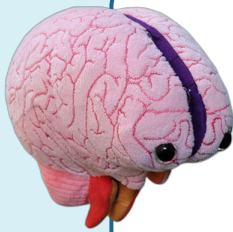
## Serotonin



Listening to music, walking your dog, and socializing with others during physical exercise can boost serotonin, the "feel-good" neurotransmitter.



## Brain



On average, adults need at least 150 minutes weekly of moderate intensity physical activity, which is about 30 minutes a day, 5 days a week. Studies have shown that aerobic fitness can actually increase your brain volume!



## Glial Cell



Glial cells support and protect neurons. Exercise can reduce neuroinflammation and improve metabolic pathway activity.

## Brain Cell



Cardio can encourage new brain cell growth as well as activate molecules to repair and make new brain cells.

