



Exercise and Your Mind

Across the country, the trend is moving away from classes focusing simply on muscle and cardiovascular training to ones that include overall wellness and whole-body maintenance. Over the past few years, more and more people have discovered the benefits of workouts that stimulate the emotions as well as the muscles. For that reason, classes like yoga, Pilates and martial arts are filling up quickly at health clubs across the nation.

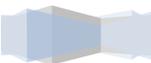
This mind-body approach appeals to people at all different fitness levels and research shows that a significant number of health club members cite holistic motivations for their working out. Better-than-half (54%) said that when they exercised regularly, they feel like they have their overall act together, while 38 percent said that when they do not exercise regularly, they just do not feel right.

Top 5 Non-Physique Related Reasons for Exercise

1. For fun/enjoyment
2. To prevent health problems
3. To reduce stress/tension
4. To relax
5. To help with current medical problems

Scientists believe that exercising your brain can create a 'cognitive reserve' that will help you stay as sharp of you age. Below are some things you can do to keep yourself intellectually fit.

- Take classes to learn something you have always wanted to understand. Learn to play bridge, study Spanish or take a Photoshop seminar.
- Do games and puzzles such as crossword puzzles, Sudoku and Scrabble.
- Read often, with different types of books. Take a magazine and dedicate specific time to it. Read the newspaper. Set your computer homepage to bring up news items of particular interest to you. Read them each time you open the computer.
- Remember and repeat groups of words. Memorize your grocery list or friends' phone numbers.
- Play computer brain games, such as Brain Age for Nintendo DS.
- Meditate often. Take calm, deep breaths out your nose only. Your brain and entire body, needs lots of fresh air so breathe deeply.
- Eat foods containing omega fatty acids, known to boost intellectual stamina, such as flax seed and fish.
- Perform math functions regularly.



- Learn new words from a word-a-day calendar or dictionary.
- Use your non-dominant hand, to exercise the opposite side of the brain.
- Learn to read and play music. Classical music is known to have the best effects.
- Draw or paint.
- Consider the different possibilities of how something could have gone, and explore these consequences. This improves creativity.
- When trying to learn something or review for a quiz, listen to your favorite song on repeat. This is an association technique where your brain connects what you learned to what you heard. Plus, after a half hour of one song on repeat, you should know the lyrics!
- Avoid watching TV for hours; solve puzzles while watching TV to increase multitasking.
- Learn to play new games to increase mind/body coordination.
- Never avoid breakfast, it is essential for your brain to function efficiently.
- Remember to exercise your body - a healthier mind results from a healthy body. Get plenty of physical exercise.

For assistance in developing a more comprehensive wellness plan for your employees, contact Sharon Rateike, corporate wellness program coordinator at (920) 568-5018 or Sharon.Rateike@forthc.com.

