

Get a Memory Boost from Exercise

We all know that exercise has many, many benefits. But did you know that exercise increases brainpower? A recent study found that exercise seeks out a part of the brain that causes normal age-related memory deterioration which begins around the age of 30.

Researchers used an MRI device developed at the Columbia University Medical Center in New York, and detected the first-ever growth of neurons within a living brain.

The next step, in the research process, is to determine what exercise program is the most helpful to boosting memory.