BRAIN LONGEVITY

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One of the fears of people who are getting older is the loss of brain functions, not simply forgetfulness, which even the not-so-old can be affected with, but the losing of mental alertness and brain processes we possessed during our youth. How can we maintain optimal mental functions?

Much of the cognitive problems that we can commonly described about aging is the actual results from the sedentary lifestyles. Old people need physical activities more than young people. In fact, exercise is one of the ‘foundation of youth’ that can keep your brain young, vital, and regenerative throughout your life.

Exercise (1) Supplies the brain with nerve growth
(2) reduces stress, and
(3) enhances neuronal metabolism.

It increases the amount of oxygen and glucose the brain gets, and expedites the removal of neurotic debris from brain cells.

Obviously, exercise is a godsend to the brain and body. Two types of exercises that are critically important to the brain are mental exercises and certain yoga-like mind/body exercises.

Recent research has shown that mental exercise is as important to brain as physical exercise. So you have to welcome the mental challenges that will come your way. Mental exercise does far more than increase your knowledge. It actually changes the brain
physically by increasing brain size and dendritic connections which can literally help you ‘build a better brain’. Vigorous exercise can make young, intelligent people even smarter than they already are.

Physical exercise, on the other hand lowers blood pressure and helps stabilize mood and energy. It not only control stress, but it creates a feeling of tranquillity that lasts from four to 24 hours after you exercise to achieve this effect, you must do neither too much nor too little.

Exercise is extraordinarily effective at reducing depression. It is used in psychotherapy, since it is an excellent way to burn up stress that has been internalized. Even fifteen minutes of exercise can lessen anxiety. Among the many benefits of exercise are the burning of calories, the increase of muscle tone and mass, and the strengthening of bones. It increases your immunity of disease by boosting your immune system’s number of “natural killer” cells against infections. Because of all these, exercise can prevent illness and loss of physical functions.

The benefits of exercise are far-reaching: for example, it significantly reduces pressure against the eyeball, which causes glaucoma that frequently leads to blindness.

Do you want to live longer? Exercise! Being physically fit will lessen your chances of heart disease by over 30 per cent and reduce your chances of having a stroke by 400 per cent. Studies also indicate exercises reduces the incidence of colon cancer, by about two thirds, breast cancer, by 200 per cent, and cancer of reproductive system by 250 per cent.

From a purely psychological perspective, exercise enhances body image and contributes to self-confidence. Every bit as beneficial for the body as for the brains, it adds considerably to your quality of life. Sports, dancing, walking, yoga, gymnastics, etc. Take your pick.
References:

Mental Health Topics  www.mental health sambas.gov/scholl/violence/exhibit.