

THE EXTRA POINT

BY JERRY ROBERTS



1250 How to Get Smarter in Just Six Minutes

How would you like to improve your memory, problem-solving, and mental processing speeds, and end up with a bigger brain? Did you say “yes”? Well, how would you like to make that happen in just six minutes a day? I’m Jerry Roberts and today we’ll find out how, coming next on The Extra Point.

I saw the article. An improvement in memory, problem-solving, and mental processing speeds in just six minutes, plus a bigger brain. Sounds like a deal to me, so I clicked the link.

The link led to an article that discussed a new study just published in the *Journal of Epidemiology and Community Health*. That study found that 6-10 minutes of moderate to vigorous exercise can improve your working memory and significantly improve higher-level cognitive skills like organization, prioritization, and planning. Who wouldn’t want that?

“Okay, so define ‘moderate’ exercise, you say”? The article references walking and slow jogging. Do that for 6-10 minutes each day, and I get a bigger brain that works better, too?

Now, the exercise fanatics in the Ray Gibson audience will chime in, saying “Hey, what about us, what if we do vigorous exercise and lots of it? Will we develop ginormous brains and enjoy island domination?”

The study found that the more time you spend exercising, the greater the mental benefits, to a point. If you want to go harder and longer, there will certainly be a cognitive advantage.

A study published by the National Academy of Sciences found that participants who walked briskly, at a target heart rate of 60 to 75 percent of maximum, for 40 minutes three times a week, saw a growth of the hippocampus volume by slightly over 2 percent.

The article also gives data that should concern people who are sedentary. If you are someone who sits most of the day, every day, and you’re

not getting that 6-10 minutes of moderate exercise, the news is not good. This can have a negative impact on your mental abilities.

The study found that cognition declined by 1 to 2 percent when the moderate to vigorous physical activity was replaced by sitting. Does it get worse? It does. If you are one who sits most of the time, your brain is shrinking.

Wait, wait, wait, before you start with the “woe is me” stuff, I have good news. Other research has shown that exercise can slow or even reverse the physical decay of your brain. The conventional wisdom used to be that we were incapable of growing new brain cells. Today, we know that’s not true.

Exercise can increase the size of your brain, specifically the hippocampus, even in your 60s and 70s, which can reverse the impact of age-related memory loss.

Keep in mind that studies on the brain and cognition, and how to improve it into our later years is a relatively new field. Still, I don’t think you want to be the person who waits around for more conclusive research before taking action.

If walking and jogging don’t work for you, go ahead and substitute cycling, weight training (as long as you don’t pause too long between sets), calisthenics, yoga, pilates, and more.

An increasing number of workers will want or need to stay in the workforce past the age of 65 — some will work into their 80s if they can, and brain health is going to be a key factor in whether or not they’ll be able to do that.

Does that describe you or someone you know? If so, download transcript #1250 and share it with as many people as you can.

(Con’t.)

More than that, start doing that 6-10 minutes of moderate exercise every day, and protect your brain from erosion.

Of course, you want to check with your doctor to see if you're able to commit to an exercise program. This is particularly important if it's been years since you've done exercise of any kind.

Here's to you with improved cognition, and a bigger brain. Hey, what are you going to do with all those bonus smarts?

That's the Extra Point. Be responsible and make something good happen today. For 93.3 and the Ray Gibson Show, I'm Jerry Roberts.

###

For information on training and consulting services with Jerry Roberts, please click this link: guamtraining.com

