

WELLNESS WITH SANDY

MONTHLY NEWSLETTER

MARCH 2021

THE WONDERS OF THE HUMAN BRAIN

The human brain is a remarkable organ that functions around the clock. It never ceases to process different things, like our actions, thoughts, or emotions, often juggling them together at the same time. All this hard work can prove to be quite overwhelming. Just as our bodies can experience wear-and-tear, so too do our brains. This is why it's essential to improve our cognitive function daily to stimulate the brain, boost memory, and sharpen our concentration.

A major component of brain health lies in our physical well being as it can alleviate stress and reduce production of the stress hormone cortisol. Chronic stress alters the way neural stem cells develop in the hippocampus. These cells typically develop into neurons, but under chronic stress, these cells instead transform into a protective coating called myelin. Excess myelin growth disrupts the timing and communication of neural networks, making it more difficult to concentrate or keep things organized. Additionally, exercise improves vascular function as well as neurogenesis and angiogenesis which leads to the formation of new brain cells and blood vessels, respectively, in the hippocampus. Along with increasing our brain volume, exercise improves connection and communication between nerve cells as well as better blood flow for the arteries and capillaries.

When it comes to exercise modalities, each form of exercise has varied effects on our brain. With resistance training, it helps increase BDNF (brain-derived neurotrophic factor) which benefits maturation and maintenance of the brain. With aerobic exercise, as the most studied exercise modality, has had the most consistent brain health benefits of all forms of exercise. With mind-body exercise, it improves attention, executive functions, and speed, and even reduces depressive symptoms and anxiety.

BLOGS OF THE MONTH

BALANCING PHYSICAL ACTIVITY WITH OPTIMAL HEALTH

<https://www.wellnesswithsandy.com/post/balancing-physical-activity-with-optimal-health>

THE LONG (YET FULFILLING) ROAD TO HEALTH

<https://www.wellnesswithsandy.com/post/the-long-yet-fulfilling-road-to-health>

TIP OF THE DAY

Many people keep photos of loved ones on their desks, but why not add a photo of yourself that you feel captures your essence? It could be a joyful time or a moment of accomplishment, but it should remind you of your best self - and inspire you to bring that person to work whenever possible.

Feel free to check out my Instagram page and my website for more information and updates!

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