

Be Well For It All Newsletter



“We do not stop exercising because we grow old— We grow old because we stop exercising”

-Dr. Kenneth Cooper

Live For It All... Mind, Body, & Spirit

March Madness! Move Your Muscles To Move Your Mind

By: Abby E. Solomon M.S. Exercise Physiologist & Certified Personal Trainer

If you're doubting the fact that exercise aids brain function, think again. A research team from the University of California, San Francisco, followed more than 3,000 people ages 70-79 for seven years. It was found that consistently sedentary people had the worst mental skills, including memory, attention span and problem solving.

Those who were active but with consistently declining levels of physical activity experienced cognitive decline that

was significantly faster than those who had stable, increasing or fluctuating activity levels.

One reason for this may be the fact that exercise protects the brain by maintaining blood vessels in good condition. The more healthy blood vessels, the more oxygen can be transported to the brain, thus improving its function.

Like I always say, "life is movement." The absence of movement = death. Not only literally when the heart and lungs



stop moving, but because they're no longer able to supply the brain with the food it needs to keep us cognitively aware. If you know someone who is beginning to show signs of dementia or Alzheimer's, keep them moving! Even if it's just a short walk a day!

LIVE FOR IT ALL'S FEATURED EVENTS:

WORKOUT & WINE!

Come and enjoy a "fitness class and a glass!" workout at the beautiful Busby Cellars Winery in El Dorado Hills with Abby, then attend private wine tastings! Three class series: June, July, August!

PERSONAL TRAINING

Want Abby to come to your home for a 1 hour individualized training session? Or have a group of friends who want to train at your home? Email Abby for specials!

ABBY'S DAILY FIT-TIP BLOG!

Read Abby's Live For It All fit tip blog! I'll update daily (or mostly daily) with tips dealing with exercise, nutrition, wellness, and motivation. Get a little bit of wellness every day of the year—liveforitall.blogspot.com or link to it from www.liveforitall.com.

SUMMER FITNESS SERIES

May-August

Tuesdays: 6pm Outdoor Fitness

Thursdays: 6:30pm Turbokick!

Fridays: TBA: Aqua

Saturdays: 9:15am Outdoor Fitness

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