Video Aerobic Exercise and Brain health

READING & LISTENING

Choose the suitable word to complete the text

beneficial	**injuries**	**metabolism**
disorders	**respiratory**	**formation**
moods	**accelerates**	**nervous**

Apart from body fitness, physical exercise also has (1)_____ effects on the brain. A regular routine of aerobic exercise can improve memory, thinking skills, (2) _____; and have protective effects against aging, (3) _____ and neurodegenerative (4) _____. It is noteworthy that these effects are specific to "aerobic" exercise – the kind of exercise that (5) _____ heart rate and (6) _____ rate, such as running, cycling, swimming... Non-aerobic activities, such as stretching or muscle building, do NOT have the same effect. The effects appear to result from increased blood flow to the brain and subsequent increase in energy (7) _____. A certain degree of intensity is required to achieve the beneficial outcome. Aerobic exercise increases the production of several growth factors of the (8) _____ tissue, known as neurotrophic factors, among which BDNF, for Brain-Derived Neurotrophic Factor, has a central role. BDNF exerts a protective effect on existing neurons, and stimulates (9) _____ of new neurons from neural stem cells in a process called neurogenesis.

You can listen and check

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