

Video Aerobic Exercise and Brain health

**READING & LISTENING**

Choose the suitable word to complete the text

<b>beneficial</b>	<b>injuries</b>	<b>metabolism</b>
<b>disorders</b>	<b>respiratory</b>	<b>formation</b>
<b>moods</b>	<b>accelerates</b>	<b>nervous</b>

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