



# Transcript: Boosting Brainpower and Bliss: The Synergy of Exercise and Mindful Movement

**Intro:** Get ready to be inspired, motivated, and empowered. Welcome to the Whole, Happy, Successful where we will talk about positivity, mindset, and different tactics and strategies to be more happy and successful. I'm your host, Behnaz Vala, and I'm on a mission to help as many people as possible to be more successful through a positive mindset. Whether you're looking to improve your career, strengthen your relationships, or find more happiness and fulfillment in your life, you'll find the guidance and inspiration you need right here. Join me in this fascinating journey and become more whole, happy, and successful. WELCOME TO THE BEAUTIFUL WORLD OF THE POWER OF MIND AND POSITIVE THINKING. LET'S START OUR JOURNEY TOGETHER.

## **Behnaz:**

You know exercise is good for your physical health, but did you know it's also good for your brain? The latest neurological research has shown that there is a so-called 'magic protein' called Brain-Derived Neurotrophic Factor (BDNF) that has the power to supercharge your brain and improve your memory. And it is stimulated by cardiovascular exercise! Interesting, isn't it?

BDNF can rewire and build new neural pathways in the brain, especially in the crucial areas that control memory (the hippocampus) and analysis, thinking, and decision-making (the frontal lobes). Your frontal lobes are where most of the intellectual activity of the brain takes place, from processing the data that's coming in all the time to problem-solving and making ethical decisions. And you can keep these critical parts of your brain bathed in BDNF by merely increasing the amount of exercise in your daily routine.

If you find it hard to commit to regular exercise, here are three ways you can make it easier and supercharge your brain at the same time.

## **1. Make it Fun**

The key to maintaining an exercise regime is to choose an activity or activities that you enjoy. Not everyone likes going to the gym, but there are many other ways to increase your heart rate and get the BDNF pumping.

Dancing, swimming, hiking out in nature, and bike riding will all get your heart rate up, and you'll enjoy doing it. Even brisk walking will help. As a bonus, exercise will boost your endorphins, too, making you happier and more relaxed.

## **2. Schedule Your Exercise**

It's easier to stick to a regular exercise plan if you schedule time in your diary. Set aside time and increase your sessions until you're exercising for thirty minutes, four or five times a week. Like any other habit, once you make it a priority, it will become just another part of your regular routine like brushing your teeth.

I normally do walking around a lake near my place. I am most of the time careful not to skip my walking but, to be honest with you, there are times that I skip my walking. If I skip it for a longer period of time, it doesn't fit my schedule anymore and I feel that I don't have time for that. But the moment I put it in my daily schedule and stick to it, the magic happens and I can do my walking again with no issues.

## **3. Make it Musical**

Research has shown that music can increase motivation and happiness. Exercise will be much more fun if you're bopping away to your favorite tunes. Even housework can become a brain-boosting dance routine when you're vacuuming along to music that makes you smile. Turn up the volume and start cleaning to the beat!

Create a playlist of your favorite songs, and you will find that exercise is pleasurable and much easier to stick to when there's upbeat music to encourage you!

## **Now let's talk about 8 Proven Ways Walking Improves Your Brain**

It might surprise you to hear that something as simple as walking can actually improve your brainpower. It doesn't even have to be full-on power walking! Even a twenty- or thirty-minute walk during your lunch break can have a positive impact on your brain. Here are eight ways science has proven that walking is excellent for your brain.

### **1. Walking Helps Lower Your Risk of Depression**

Walking is an excellent way to improve your mental health. A 2018 study showed that any kind of moderate aerobic exercise like brisk walking can boost your brain health and lower your risk of developing depression by a third.

### **2. Walking Improve Your Cognitive Function**

A number of studies have shown that the magic amount of twenty to thirty minutes of daily aerobic exercise, such as walking, improves cognitive function and memory.

### **3. Walking Stimulates Endorphins**

Just ten minutes of walking is enough to start your brain releasing endorphins, the brain chemicals that lower stress, boost your mental health, and make you feel good. You've heard of the runner's high? Well, you can get a similar positive rush from a brisk walk!

### **4. Walking Releases the Brain's Magic Protein**

Brain-Derived Neurotrophic Factor (BDNF) has been dubbed the brain's 'magic protein' as it helps to rewire and build new neural pathways. Scientists believe it can even help lower your risk of Alzheimer's Disease. And cardiovascular exercise is an easy way to stimulate the production of BDNF and keep your brain in peak condition.

## **5. Walking Lowers Physical and Mental Fatigue**

A 2008 study by the University of Georgia found that just three sessions a week of a low-intensity exercise like walking can reduce fatigue levels by as much as 65 percent.

## **6. Walking Builds Hippocampus Strength**

Your hippocampus is the key part of the brain for forming and storing memories. Research has shown that even brief walks can actually increase the size and efficiency of your hippocampus.

## **7. Walking Improves Creativity**

Artists, writers, and philosophers have long known the importance of walking for clearing blocked creativity and getting inspiration flowing again. Science can now back this up with a 2014 study by Stanford University showing that walking increases your creative output by up to sixty percent.

## **8. Walking Increases Blood Flow to the Brain**

Blood is vital for every organ in your body, not least of all, your brain. That magic twenty minutes is all it takes to increase the blood flow to your brain to keep it active and healthy.

**Now let me share with you how you can Keep Your Brain Healthy in Just 5 Minutes a Day**

You look after your body, stay as fit as you can, and make time for a healthy lifestyle, right? It's just as important to keep your brain healthy too if you want to deal better with stress, be more productive, and reduce your risk of Alzheimer's disease and dementia later in life.

The good news is that you can keep your brain in tip-top condition by practicing meditation for as little as five minutes a day. Meditation has been shown to reverse the shrinking that happens as part of the natural aging process from your mid-20s onwards. A Harvard study showed that meditation can increase the size of your brain after just eight weeks of regular practice.

Here's how you can develop a meditation practice to suit you and your lifestyle to start taking better care of your brain right now.

## **1. Find the Right Meditation Style for You**

Possibly the most important way to start a meditation habit is to find what works for you. You don't have to sit on a cushion for hours in a temple unless you want to. There are meditation apps for your smartphone, yoga and meditation tutorials on the internet, or you can find a meditation group in your local community. It can be as easy as sitting in a park during your lunch hour.

## **2. Schedule Meditation Time**

Be intentional and make time in your schedule for regular meditation practice. Studies have shown that as little as five or ten minutes a day is enough to feel the benefits of meditation, but it must be done consistently. If you can find time to brush your teeth, you can find time to meditate.

## **3. Start Small**

You don't have to launch into a full meditation to start with. Take baby steps and begin by just sitting quietly and focusing on your breath. Observe your breathing and feel calmer as you concentrate inwards.

#### **4. Add Some Meditation Exercises**

Once you feel comfortable with sitting and breathing quietly, you can add in some meditation exercises. A good one is the V-Shaped Breath exercise:

Focus your attention on the point between your eyes. Imagine cool air coming in and out in the shape of a V. As you breathe in, expand the V across your forehead. Then as you exhale bring the breath down the V to the point between your eyes.

As well as regulating your breathing, you are calming your frontal lobes, increasing your capacity to analyze and problem solve. Adding a five-minute meditation practice to your day combined with physical activity will do wonders in having a healthier, happier brain.

**Outro:** Thank you so much for listening. If you enjoyed this episode, please subscribe and share it with your friends and family. I'd also love to hear your thoughts and experiences, so leave a comment and share them with me.

Also, join my **FREE** Facebook group The **Positivity Powerhouse**, and discover more. The link to join is in the show notes.

Stay tuned for the next episode, where we'll continue to explore important topics related to being whole, happy, and successful.

I am so looking forward to talking to you next week.

Expect the best and the best will happen to you.