

## **Mayo Clinic Minute**

### **Exercise and your brain**

<b>Video</b>	<b>Audio</b>
<b>Vivien Williams</b> <b>VO: people exercising</b>	There's no question that exercise is good for your body. But what does revving up your heart rate do for your brain?
<b>CLIP 785G1023 at 7:30</b> <b>Erik Ahlskog, M.D.</b> <b>Neurology</b> <b>Mayo Clinic</b>	"There's a massive amount of scientific evidence that indicates that ongoing exercise directly does good things to your brain. It's like liberating fertilizer in your lawn."
<b>Vivien Williams</b> <b>VO: brain scans</b>	Mayo Clinic neurologist Dr. Eric Ahlskog says your brain shrinks with age. It happens to nearly everyone.
<b>CLIP 785G1023</b> <b>Eric Ahlskog, M.D.</b>	"If you're in your 80s, most people — maybe not all — but most people have kind of a shrunken brain. And if you look at it under the microscope at what's going on, they've also lost a lot of brain connections. And it's less losing brain cells than losing those connections. So what can you do to maintain brain integrity? Well, it's exercise."
<b>Vivien Williams</b> <b>VO: people exercising</b> <b>With graphics:</b> <ul style="list-style-type: none"><li>• <b>What kind of exercise?</b></li></ul>	What kind of exercise is good for your brain?
<b>Vivien Williams</b> <b>VO: People exercising and doing intervals training</b>	Dr. Ahlskog says any exercise that gets your heart pumping and makes you sweaty and tired works. Good for the body and brain. Talk to your health care provider before you begin your exercise program. For the Mayo Clinic News Network, I'm Vivien Williams.