



December 2020: Exercise on it: The Mind-Body Connection

Let me jump to the bottom line and work backward.. Physical activity helps you think. Here is an example, years ago a publisher canceled the book contract I had been writing for it. I had done a great deal of work on it and was quite vexed, to say the least. However, rather than just sit there and stew about it, I went for a jog. During the run, I came up with the idea of turning the book's concept into edited journal issue. Running improved my thinking and the resultant idea was testimony to value of physical activity in my cognitive ability aka thinking.

I loved to jog. I found after running for a while, my thinking became clearer and focused. During my running a course, I reaped many cognitive benefits. I would come upon a neat solution to a problem that I had been fretting. Or, while my feet hit the ground, I would come with a creative idea, gain an insight, or rework an article I was writing. And, as my July 2019, Insights for a Better Mental Health noted "Exercise makes me a better person". I found that exercising not only improved my mental abilities but also led to being more generous and helpful to others. Although jogging was one form of exercising, I have found many different activities had the same cognitive improvements. The physical activity could be walking, a stair master, bicycling, golfing or on an elliptical machine.

And many studies demonstrate the link physical activity and thinking. Christopher Bergland <https://www.psychologytoday.com/us/blog/the-athletes-way/201404/physical-activity-improves-cognitive-function> writes "Regular physical activity can improve brain function throughout a lifespan." Alzheimer's prevention programs as well as many other programs designed to promote, maintain and improve the brain advocate physical activity.

So, when you are dealing with a problem, wanting to gain insight into an issue, hope to be creative and just want to think clearer, exercise!