

LET HEALTH HAPPEN



Dr. Geoff Walburn, D.C.

What would you pay for a pill if you knew it was guaranteed to slow or even stop your brain from aging? Well, there is no such pill, but the great news is that based on recent information, you don't need a pill and it doesn't cost anything to maintain healthy mental function. Researchers have determined that the primary thing you need to do for your brain is to exercise your body! Physical exercise is an essential of wellness. Most people are aware that exercise is critical for maintaining weight, lowering blood pressure, improving sleep, decreasing stress, decreasing pain and even preventing many cancers. But if these benefits are still not enough to get you going, one 2008 study showed that just walking briskly for 45 minutes three days per week improved "mental fitness" in just six months time.

A similar study released last September showed that 20 minutes of any exercise per day resulted in improved cognitive function and memory. The best part of this study was that these benefits persisted even 12 months after exercise had been discontinued!

Regardless of your reasons, the message here is that exercise works and the results are long-lasting. If you're not exercising now, it's time to start. This study and most others suggest that you need to commit to at least 120 minutes of exercise per week in order to get the best results.

Good luck and always remember that your body was designed to be self-healing. Practice a healthy lifestyle and let health happen.

– Dr. Geoff Walburn, D.C.

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