

## **“Connecting With Your Connectors: Or How Neurobics Can Keep Your Neurons Fit”**

You probably already know that cardiovascular exercise and weight training are important for keeping the body in shape but did you know that exercise is just as important for your brain? “Neurobic exercises” can keep your neurons strong and healthy, encouraging the “shape” of your nerve cells. Lawrence Katz, PhD, a professor of neurobiology at Duke University suggest in his book “Keep Your Brain Alive” that we can maintain and even develop new connections which will preserve memory recall. It’s the old “use it or lose it” maxim back to encourage you to bulk up your cerebral cortex.



What else will “they” (those darn nagging authorities and all their studies) have us doing in the quest of the proverbial “fountain of youth”? Who knows, but I hope it involves chocolate. In the meantime, I think reading the headlines backwards for awhile may be more interesting, “Katrina of site, Coast Gulf visits Bush”. What an adventure the morning will be!

It can be an exercise in neurobics just trying to come up with some fun ways to break the routines we all fall victim to. Break up your routine and you can beef up your brain power. Take a look at the clock upside down, suggests Katz. You could try



a new recipe or you could memorizing the tie colors at the next press conference you watch. Anything can work, just focus your attention and stimulate your connections.

Plus you will have a very fit cerebellum along with your very fit heart and skeletal system, from all the aerobics and weight training you have already been doing. I knew



that about you already, you would not be bothering to read this article if you were not already considering the benefits of successful aging.

The whole idea of connections and connectors sounds like a fun way to approach this whole aging process anyway. Keeping in touch and really connecting with life seems to be one of the ingredients in the recipe for “successful aging”. Try a little neurobics for your neuronics next time you need a little connection with a healthy lifestyle.

#### References

Volz, Joe, “Psychologists’ research is changing attitudes about what it takes to live the good—and longer—life”. *Monitor on Psychology*. (2000) 31 (1).  
<http://www.apa.org/monitor/jan00/cs.html> 10/4/2005