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# Strain your brain

Exercise keeps your neurons firing and can help your grey matter, writes **Daniel Hoy**

**W**E ALL know exercise is good for our bodies, but new research is showing it's also good for our brains.

Exercise keeps your neurons firing and, according to Paul Taylor, adjunct professor of functional neuroscience at the University of San Francisco, it can even ward off Alzheimer's disease, depression, anxiety and ADD.

Irishman Taylor discussed the interconnection of the body and

brain at the Australasian Academy of Anti-Ageing Medicine Conference in Melbourne at the weekend.

His presentation included the "seven body-brain boosters" and presented a scientific plan for optimising body-brain health and maximising longevity.

Taylor also discussed the theory of vibration training and its long-term positive effects on the body and mind in slowing ageing.

"International research has

found that brisk exercise dramatically increases the production of a whole range of protective growth factors for the brain," Taylor says.

"These growth factors have all been linked in some way to warding off degenerative brain diseases and, in particular, Alzheimer's disease.

"Intellectual training is great, but exercise is the best natural way to protect and optimise your body and your brain."