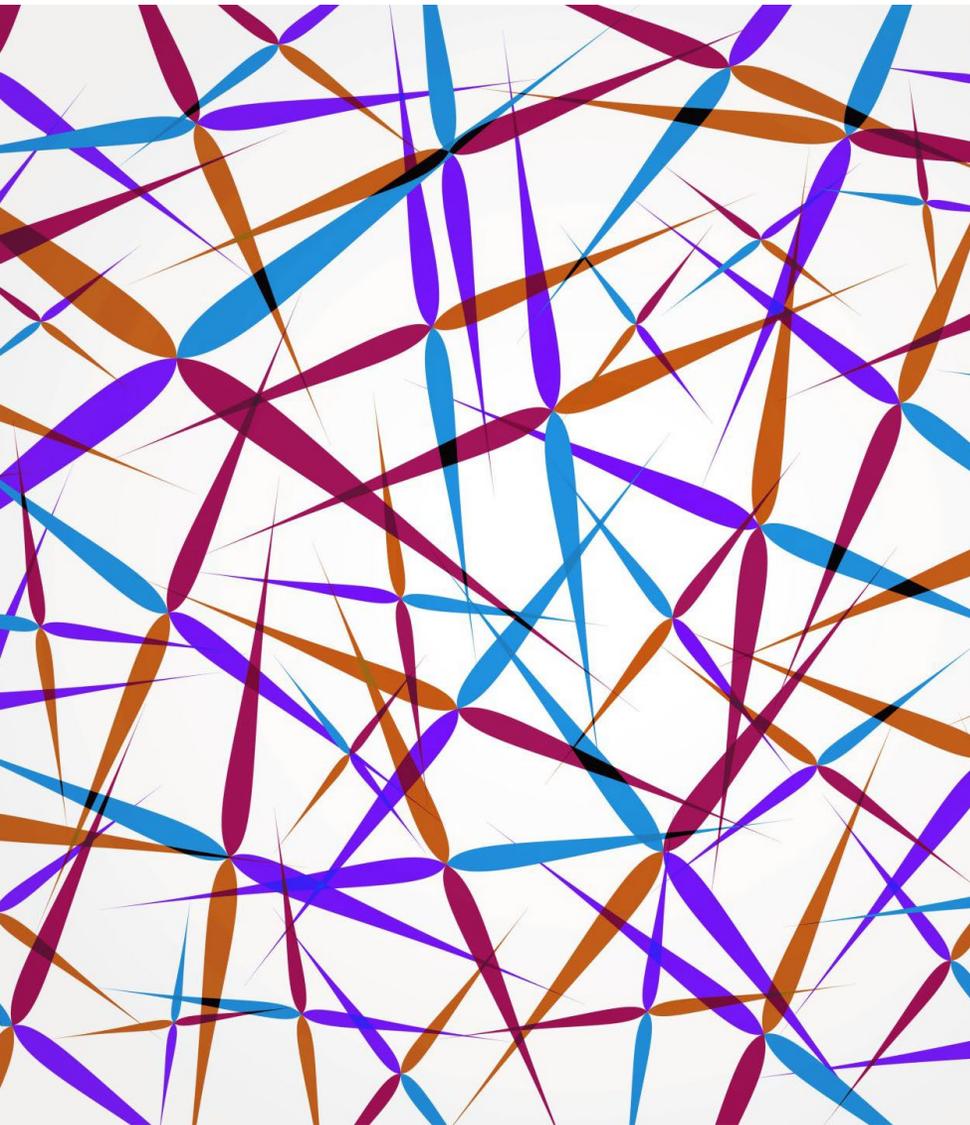




THE MIND/MUSCLE CONNECTION

How to Connect Movement to
our Brain



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WHAT IS IT?



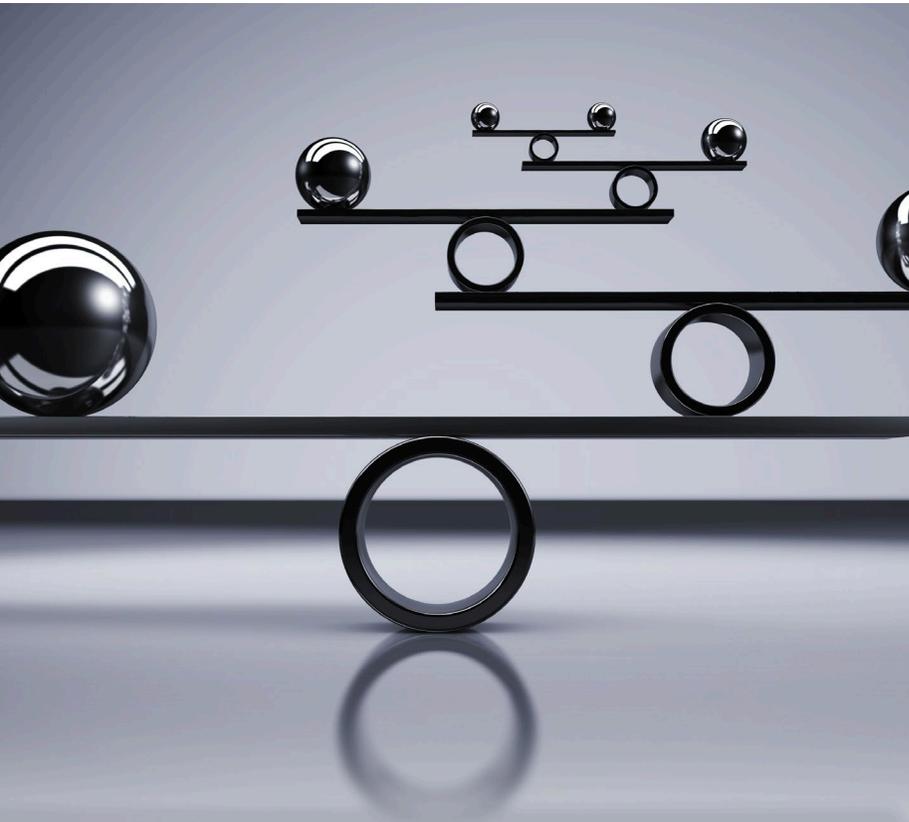
- Our muscles are connected to our brain
- Research shows that thinking about moving muscles can actually strengthen them
- We can also strengthen our brain through movement as well

WHY IS IT IMPORTANT?



- You can improve muscular gains by simply putting your mind to it!
- We create neural pathways in our brains as we complete new exercises and consciously think about it
- Exercise should be mindful not mindless. This can also help create a sense of reward with your habits as you accomplish new exercises

WHY IS IT IMPORTANT?



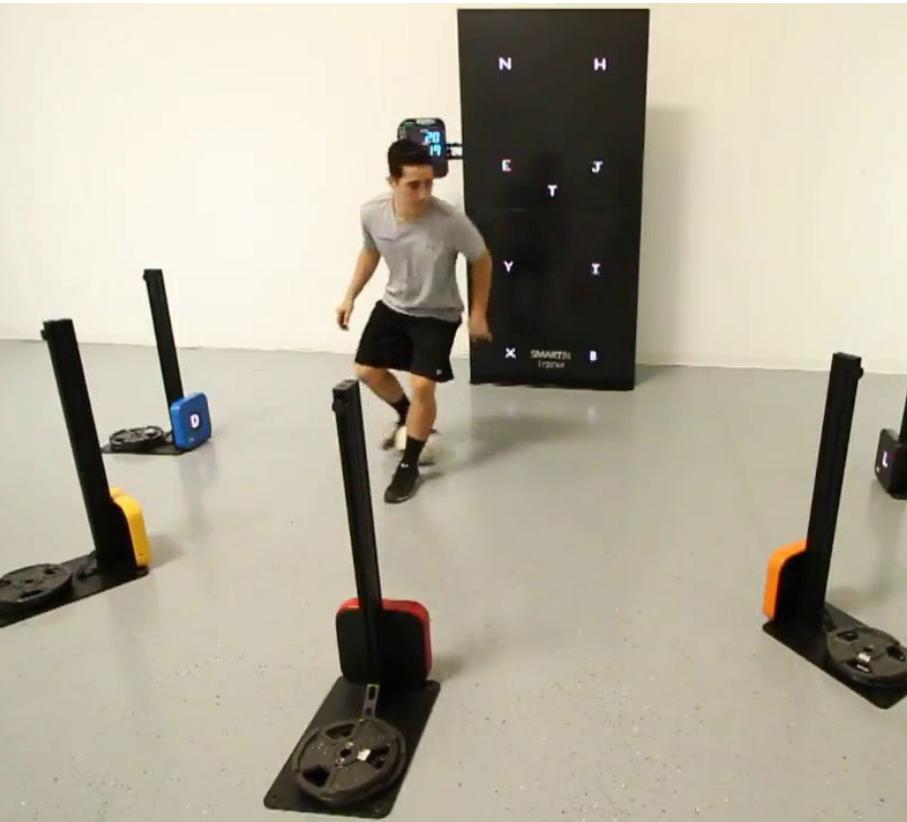
- As we age so does our brain, some exercises can help our brain function over time
- Research shows that participating in activities that train our brain can help lower the risk of dementia and Alzheimer's disease as we age

EXAMPLES OF EXERCISE



- Use tempo in your exercise. Consider moving slowly through a movement. Lift for 3 seconds, pause for 1, release for 3. You can do variations of slow and fast depending on the exercise and desired goal.
- Lift with your eyes closed. This can eliminate distractions and allow you to think more about the muscles you are utilizing

EXAMPLES OF EXERCISE



- Work on balance exercises, as our balance is something that declines as we age.
- Workout with a buddy! Train reaction time. Place multiple words or colors on the wall or floor and have a friend call them out. You can do things like having to run to one as fast as you can, hold a plank and tap what they say, or squat and then touch the word or color on the wall.

HOW TO MAKE THE CHANGE



- Simply changing up your exercise routine with a few exercises can be enough to challenge your brain in new ways.
- Consider changing up your routine every 6-8 weeks if you want to continue to make improvements as well as challenge your brain by creating those new neural pathways.

REFERENCES

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