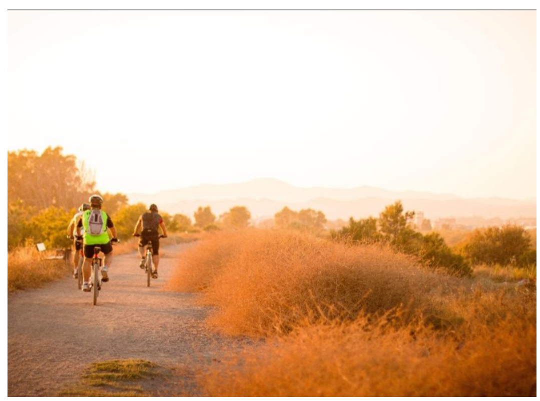
Week 10:

The Wisconsin AD Exercise Newsletter



Pro Tip

Do you tend to prefer one type of exercise over others? Maybe you like lifting weights more than walking or jogging. Or you're an avid swimmer but can't bring yourself to exercise on land.

Instead of forcing yourself to do an exercise you don’t prefer just because it’s good to mix it up, consider doing a *little bit* before your preferred workout.

For example, do 10 minutes of bodyweight strength exercise before your jog. That way, you’ll get some of the benefits of variety without ‘giving up’ your preferred workout!

Coach's Playbook

***Exercise and cognition* –** Loprinzi et al. 2019

It should come as no surprise that exercise is thought to help cognition. Over the weeks, this newsletter has shed light on several body systems that benefit from exercise, and the brain follows that trend. The effect of exercise on cognition may be modest and depend on the cognitive domain in question, but it’s generally supported in studies of healthy adults.

So, how can you dial in on these benefits in your own life? When it comes to memory, timing may be key.

Exercise may exert its effect on memory in part by helping synapses (brain cell connections) strengthen. For example, exercise is thought to stimulate long-term potentiation, which is a lasting increase in signal transmission between brain cells. Exercise may also stimulate the production of molecules that support synapses. Timing your exercise may be important for optimizing those responses.

Memory encoding refers to the process of taking information into your memory system from sensory input and storing it. Research suggests that exercising *during* memory encoding results in a tendency to do *worse* when challenged to recall what was learned. So, next time you're inclined to multitask by studying something important while exercising, consider a different strategy.

On the other hand, exercise *soon after* memory encoding, or even four hours after encoding, leads to a significant improvement in recollection. Younger adults can further benefit from exercise *before* memory encoding. And, vigorous-intensity exercise appears to be particularly beneficial. If you're looking to boost your memory for a specific task, consider turning to exercise!

Ask the Exercise Physiologist

Weight loss

Do you have a question for our Exercise Physiologists?

Send your question(s) to Camille Conway.

You may be featured in an upcoming newsletter!

Tune in next week to learn about time constrained exercise programs, and whether they work.

Going the Extra Mile...

Dougherty et al. 2020. Fitness, independent of physical activity is associated with cerebral blood flow in adults at risk for Alzheimer's disease.