building brain health

healthy body, healthy brain

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Summary:**

In this session of Building Brain Health, Dr. Rob Winningham discusses the correlation between physical exercise and cognitive ability, citing current research, including the value of resistance and strength training, along with tai chi and yoga. He also shares more about executive functioning and its role in memory, inhibition, planning and focus.

*“Walking is the best possible exercise. Habituate yourself to walk very far*." – Thomas Jefferson

# NOTES:

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