

# The brain-changing benefits of exercise



Exercise is the most transformative thing that you can do for your brain today for the following three reasons:

1. It has immediate effects on your brain. A single workout that you do will immediately increase levels of neurotransmitters like dopamine, serotonin and noradrenaline. That is going to **increase your mood** right after that workout. So a single workout can improve your ability to shift and **focus attention**; studies have shown that a single workout will improve your reaction times. Exercise actually changes the brain's anatomy, physiology and function. The hippocampus - exercise produces new brain cells in the hippocampus, that actually increase its volume, as well as improve your **long-term memory**.
2. The most common finding in neuroscience studies, looking at effects of long-term exercise, is **improved attention** function dependent on your prefrontal cortex. You not only get better focus and attention, but the volume of the hippocampus increases as well.
3. And finally, you not only get **immediate effects of mood** with exercise but those last for a long time. So, you get long-lasting increases in those good mood neurotransmitters.

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Abridged from her TEDWomen 2017 talk. Full transcript can be found here:

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