



Kaye L. Haslam
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DIETS ON WHEELS

Stop & think – before you eat & drink

EXERCISE TO IMPROVE YOUR BRAIN -

Recent studies suggest that exercise speeds up neurogenesis (the production of new brain cells or neurons), boosts memory & cognitive processing speed, improves mood and may even help the addicted give up smoking. A number of studies being undertaken both here & overseas are showing that regular exercise not only effects weight control but also leads to improvements in memory, cognitive skills in all age groups and the ability to generate new brain cells.

It is only over the last 10 years that it was discovered that the human brain was capable of neurogenesis.

Before that we believed that each person was born with a set number of neurons which died off as we aged.

How much exercise does our brain require??

The experts are not certain but it seems that a combination of resistance & aerobic exercise over at least a 30 minute period 4-5 times per week would be best.

So just imagine while you exercise to lose those unwanted kilos you will be gaining new brain cells & improving your memory & brain function!!



FOR SALE

- Pocket Dieters Diary \$4.00
- Easydiet Cookbook, The Low Fat Way \$3.00
- Mini diet scale \$10.00

FISH – many clients comment that they find it hard to buy good fresh fish. Well John West have come to the rescue. You can now buy FRESH (not frozen) fish from the meat section of most supermarkets. There are several different types available and all packaged in 2 serve portions. My favourite is Atlantic salmon which I simply bake in the oven with a little wine or lemon juice and serve topped with capers. Along with a jacket potato and green vegetable or salad. It's quick, it's easy & very tasty.