

Lifting weights may aid the brain

By Gretchen Reynolds, New York Times

Exercise is good for the brain. We know that. But most studies of exercise and brain health have focused on the effects of running, walking or other aerobic activities.

Now a new experiment suggests that light resistance training may also slow the age-related shrinking of some parts of our brains.

Our brains are, of course, dynamic organs, adding and shedding neurons and connections throughout our lifetimes. They remodel and repair themselves constantly, in fact, in response to our lifestyles, including whether and how we exercise.

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