

**Recharge Your Brain** Adults who devoted 4 days a week to an hour of moderate aerobic exercise (running, stair climbing, or riding a stationary bike) had more bloodflow in their dentate gyrus, the area of the brain where memories are formed, according to a 2007 Columbia University study. Increased bloodflow may signal the growth of new brain cells, a process known as neurogenesis, says Adam M. Brickman, Ph.D., a neuropsychologist and coauthor of the study. It's also possible, he says, that exercise stimulates the release of a growth factor in the brain tied to neurogenesis. Another study found that people who did resistance training once a week saw a 12.6 percent jump in a performance on memory tests. *(Men's Health)*

**Slow Your Cells' Aging Process** The cells of people with high omega-3 levels age more slowly, according to research from the University of California at San Francisco. Researchers aren't sure why, but it may have to do with the anti-inflammatory properties of omega-3 fatty acids. "Many of the conditions associated with aging—arthritis, cardiovascular disease, Alzheimer's—are related to chronic inflammation," says Bowerman. She advises eating cold-water fish (mackerel, salmon) twice a week, and taking 2 grams a day of a fish-oil supplement. Our favorite: Nordic Naturals Omega-3D, which delivers 550 milligrams of EPA and DHA and 1,000 IU of bone-strengthening vitamin D.  
*(Men's Health)*

**DID YOU KNOW** that choosing the right foods isn't just about losing weight? Following a healthy diet will also help you eat more nutrient-rich foods, such as fruits and vegetables, which are loaded with fiber, vitamins, minerals, and antioxidants. We often forget that what we put into our mouths is meant to nourish and fuel our bodies. But this is an important lesson to remember and practice daily. The next time you select something to eat, don't just consider the calories and fat; think about what it's going to do for your body. Will it energize you or give you a sugar high that ends in an energy crisis? Is it rich in nutrients or loaded with artery-clogging saturated fats? Asking yourself what your food can do for you will help you make the right choices for your health, which in turn will benefit your waistline. *(LifeScript)*