

The Brain Training Revolution - Presentation Transcript,,, Dr Ian Boyle

1. THE BRAIN TRAINING Exercise and the development of the brain REVOLUTION Dr Ian Boyle
April 2009
2. Brain Plasticity
3. Rock Climbing Video
4. The Power Of The Outdoors
 - o Sport Psychology For Athletes
5. The Secret Of Healthy Mind Healthy Body Discovered? Improved aerobic fitness Enhanced cognitive functioning, memory, [learning](#) Inoculates against mental health issues Decreases by 60% chances of getting Alzheimer's
6. Brains Respond to Exercise
- 7.
8. The Male Brain SEX SEX The Male Brain Ball Sports Dangerous Pursuits Crotch Scanning Area Ability To Drive Manual Transmission TV & Remote Control Addiction Area Lame Excuse Gland Avoid Personal Questions At All Costs Area
9. The Male Brain Need for Commitment Area Jealousy The Female Brain Telephone Skills Curtain Cortex Opinions Shopping Listening Chocolate Area Shoe & Handbag Coordination
10. The Hippocampus
11. Survival To Sedentary Human Evolution
12. What Has Been The Cost?
13. Evolution of Humans Thousands of Years 50 Years
14. 7 Million Overweight 2 Million Obese 5 Billion Dollars! Obesity
15. 9% Primary students 15 – 20% High School Depression Total Cost: \$3.3b Annually
16. We have a Window to Our Brains
17. Our Environment & Experiences Impacts Our Brain
18. Musicians have strange brains
19. London Taxi Drivers have Changed Brains
20. Study Leads to Brain Gains
21. Environment vs Exercise
22. Exercise leads to increased neurogenesis
 - o Technical Term: Neurogenesis
 - o Definition: The growth of new neurons
23.
 - o Ian, this video is missing

Run video Rat Exercise Video

24. Aerobic Exercise Boosts... .. Brain Function in Humans
- 25.
26. Exercise Boosts Brain Power
27. BDNF Enhance Neurogenesis Video
28. Exercise Challenges The Brain
29. Technical Term: Angiogenesis Definition: The growth of new capillaries
30. Brain Plasticity In Action
31.
 - o Yellow Blue Orange White Red Green Purple Yellow Red Orange Green Black Blue
Red Purple Green Blue Orange
32. New Trends For Our Industry Cognitive Science Gaming Physical Fitness Brain Fitness
33. Napperville School District
 - o 19,000 students
 - o Before:
 - o 30% overweight
 - o Poor Academic Performance
 - o After:
 - o 3% overweight
 - o # 1 in Science
 - o # 6 in Maths in the WORLD
34. Napperville School District Exercise Enhances Academics Video
35. Kids That Exercise Are Smarter
36. Corporate Fitness

37. Fitter, More Functional Employees Moving when working means
38. Aging & The Brain
39. 2.5 hours exercise per week Improves Brain Function
40. Exercise For Aging Brains
41. Jennifer Aniston Neuron Individual neurons and pathways develop from our experiences
42. You Are Facilitator's of Brain Plasticity
43. <http://neuroanthropology.net>
44. Download Presentation @Network or www.maximumpotential.biz [email_address] Dr Ian Boyle
April 2009 See the presentation @ Slideshare http://www.slideshare.net/digger_boyle/the-brain-training-revolution-exercise-and-brain-plasticity