In her speech, Wendy Suzuki said that doing some physical activities could prevent your brain from some diseases like alzheimer disease. Initially, she tells, she was a professor of neural science but with the time she decided to change her research program switching it in analyzing how physical activities could take benefits for the brain. She also experienced it and she arrived at the conclusion that doing exercises for at least 30 minutes three or for times a week could not only protect your brain from diseases, but also improve your memory and make you happier.

I knew that do physical activities is good for the body but didn’t know how much is important for our brain. Moreover, a thing I can say is that is true that when you finish a training you feel very happy. I think that everyone of us have to invest some time a week in sport because it is also a moment of outburst and a moment of separation from the usual routine.