

# Beauty services at home Pune

---



## Exercise is great for your brain.

Exercise improves blood flow to the brain, feeding the growth of new blood vessels and even new brain cells, thanks to the protein BDNF (brain-derived neurotrophic factor). BDNF triggers the growth of new neurons and helps repair and protect brain cells from degeneration. It may also help people focus, according to recent research.

**You might get happier.**

**It might make you age slower.**

**It'll make your skin look better.**

**It can help you recover from a major illness.**

**Your fat cells will shrink.**