



Dan Go

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7 bad habits that destroy your brain:





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1. Not exercising

Exercise improves memory by increasing brain-derived neurotrophic factor (BDNF).

This helps you form new synapses and improves learning & memory.

Not exercising on a regular basis is a recipe for brain atrophy.



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2. Not getting enough sleep

Without quality sleep you can't form or maintain pathways in your brain that let you learn & create new memories.

It'll also be harder to concentrate & respond quickly.

Deprive yourself of sleep long enough & it could lead to neurological disease.



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3. Eating inflammatory foods

What you eat has a direct effect on your mind & mood.

A diet high in foods that are fried and/or processed can lead to chronic inflammation.

They can lead to memory loss, lack of mood control, confusion & depression as well as neurological disease.



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4. Having a big belly

Higher amounts of belly fat increase inflammation, which leads to shrinkage of the brain.

High body fat has been associated with a decline in gray matter, which enables us to control movement, memory, and emotions.



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5. Not learning new things

The brain is like a muscle. It grows & shrinks to the amount it's used.

Learning new skills stimulates neurons & forms new pathways that allow electrical impulses to travel faster.

If you don't learn things or skills you let the brain atrophy.



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6. Watching porn

Chronic porn usage is correlated with changes in the brain.

Watching porn hijacks the brain's reward system & overwhelms it with cheap hits of dopamine.

The result is the brain physically deteriorating in shape, size, and chemical balance.



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7. Spending too much time indoors

Spending too much time indoors deprives you from getting sunlight exposure.

Without enough sunlight exposure, your circadian rhythms get affected & serotonin levels can dip, which can lead to seasonal affective disorder and depression.



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How to build a healthy brain

- 1) Exercise regularly
- 2) Get quality sleep
- 3) Eat nutrient dense foods
- 4) Keep a healthy BMI
- 5) Keep learning new things
- 6) Quit porn
- 7) Get outside in nature

Use these habits to keep your brain healthy and young.



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The brain is the most powerful computer in the world. Make sure you update it on a regular basis with good habits.



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