

How weight training changes the brain

<p>Notes &amp; Cues:</p>	<p>Article:</p> <p>Weight training may have benefits for brain health, at least in rats. When rats lift weights, they gain strength and also change the cellular environment inside their brains, improving their ability to think, according to a notable new study of resistance training, rodents and the workings of their minds.</p> <p>The study finds that weight training can reduce or even reverse aspects of age-related memory loss.</p> <p>Most of us discover in middle age, to our chagrin, that brains change with age and thinking skills dip. Familiar names, words and the current location of our house keys begin to elude us.</p> <p>Of course, this was a study with rats, and rats are not people. So, it is impossible to know from this experiment if our brains will respond in quite the same way to lifting weights.</p> <p>But the findings are suggestive, Mr. Kelty says.</p> <p>“I think it’s safe to say that people should look into doing some resistance training, ” he says. “It’s good for you for all kinds of other reasons, and it appears to be neuroprotective. And who doesn’t want a healthy brain?”</p>
<p>Summary:</p>	