

just as any other muscle that is not used, it will become weak and progressively deteriorate. That old cliché of "if you do not use it, you will lose it," is true!

**Physical Exercise â Brain Booster**

Walking, swimming or any other activity that promotes increasing one's heart rate, is a prerequisite for maintaining proper physical condition. Research leaves little doubt that by continually challenging one's brain by providing stimulus in the form of "thought provoking tasks", or "new motor skills" achieved by learning, helps to counter brain damaging diseases.

A push button world promotes less physical effort and is at least partially responsible for issues pertaining to mental and physical health within society. The human body is a product of evolution; one's ancestors needed to walk, run, and have decent eyesight to survive. The human body cannot be switched on and off like a machine, nor does it cope particularly well with being physically or mentally inactive.

Modern day life style with all its work-saving devices and less physical exertion. We must make compensating adjustments ensuring we receive enough exercise. To be creative and mentally fit, we need to maintain a regime of exercises not only for the body but the brain. Keeping one's mind active coupled with healthy eating and regular exercise, will promote a happier and