

# Brost Chiropractic & Wellness Centre

120, 817 – 19 St NE Calgary, AB T2E 4X5 PH: 403.520.5265 FAX: 403.520.5266 www.brostchiro.com  
getadjusted@brostchiro.com

## **This Is What Your Couch Potato Lifestyle Is Doing to Your Brain**

Welcome to this week's Brain Based Wellness News.

In today's news we will look at what being a "couch potato" is doing to your brain.

We all know the negative effect lack of exercise has on your physical health, but a new study revealed the serious consequences a "couch potato lifestyle" has on your brain.

A recent study showed that master athletes who took ten days off from their exercise showed decreased blood flow to the brain, reducing memory efficiency.

This means that even if you are in peak physical form and stop exercising for less than two weeks, your brain will not work as well, including possible decreased memory function.

So, physical exercise that is good for your body is also good for your brain.

And chiropractic care can be considered exercise for the brain.

Get regular chiropractic checkups for the whole family, and make sure your spine and your brain are working the best they can.

Your health will be better because of it.

And that's this week's Brain Based Wellness News.

Presented by: Dr. Kolbi Brost, Brost Chiropractic & Wellness Centre  
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