5 Ways Running Helps the Brain

Running provides plenty of fantastic health benefits, but did you know it’s particularly good for the brain? If you’re looking to increase mental focus, nourish your brain cells and have increased levels of concentration, this simple exercise could be all you need.

Below, you’ll discover 5 ways running helps the brain.

1. It promotes better aging

It’s no secret that as we age, our brains start to function at a much slower pace.

Dementia and Alzheimer’s are two particularly worrying conditions which can occur as you get older. The great thing about running is that it alters the chemicals in the brain so that it is able to age better.

2. It makes you feel awesome

Perhaps one of the best benefits of running on the brain, is the fact it makes you feel fantastic. While all exercise releases feel good endorphins, running is especially great as it also releases endocannabinoids which are an additional mood booster.

In fact, running is known to really reduce the symptoms of both anxiety and depression. So, if you want to improve your mood without medication, running could be the perfect solution.

3. It triggers new brain cells

You may already know that alcohol can cause you to lose brain cells. However, did you know it’s also possible to gain new ones?

Running has shown to trigger what is known as neurogenesis, resulting in the development of new, fresh brain cells. Scientists are unsure why it triggers the production of additional brain cells, but the fact that it does is great news for runners!

4. Helping you to both retain and recall information

If you find you have trouble remembering things, running can help. There was actually a study carried out back in 2012, which revealed runners performed better at memory tests than those who barely exercised at all.

This ties in nicely to the fact running also improves concentration and focus.

5. Encouraging the brain to store extra fuel

Another study has found that running helps the brain to store additional fuel. It is thought that it works much in the same way as when muscles store additional fuel the more that you work them.

It’s this additional fuel which experts think leads to better cognitive function.

Overall, running is fantastic for the brain and it’s particularly well-known for its feel-good factor. It’s not just your brain that will get a good workout either – running is great for improving your overall health, as well as aiding with weight loss.