



Benefits of exercise for your brain



Mental health

- Those with vestibular disorders are 3X more likely to also live with anxiety depression, or panic disorder
- Low to moderate intensity sustained exercise has the same positive effect over time as medication and psychotherapy (for MILD to MODERATE depression)
- Promote better sleep
- If you're experiencing severe depression, it's time to be evaluated - if you're in the US and having thoughts of self-harm, call 911, go to your local ER or call 800-273-8255

Neuroplasticity and Inflammation

- Exercise helps decrease inflammation
 - Those with VM have been found to have higher levels of inflammatory cytokines
- Exercise promotes neurogenesis, or the creation of new neurons, which is essential for positive neuroplasticity
- Psychotherapies like CBT and ACT have been shown to structurally change the brain for the better (like expand the hippocampus which tends to be smaller in people with depression)
- We want to optimize our brain's ability to rewire!





References

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