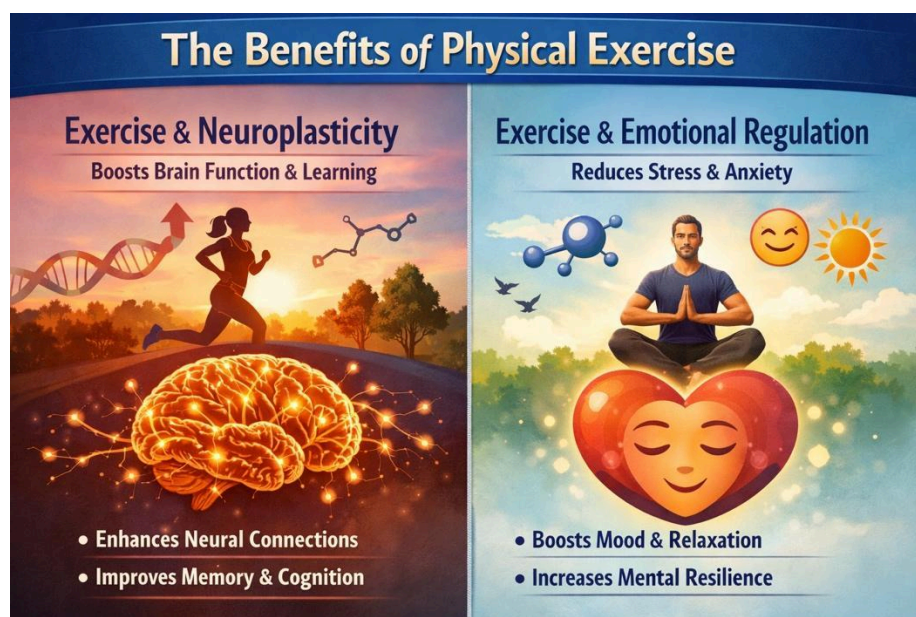




Brain Fitness Basics **Week 13**

Dear Brain Fitness Basics students,

This week we will be talking about an essential pillar of brain health: **physical exercise**. Here are two important aspects to keep in mind:

- **Exercise supports brain function and neuroplasticity**
Physical activity increases blood flow to the brain and stimulates the release of growth factors that help create and strengthen neural connections, supporting learning, memory, and overall cognitive function.
- **Exercise plays a key role in emotional regulation**
Regular movement helps reduce stress hormones and supports the release of neurotransmitters such as serotonin and dopamine, which are linked to improved mood, reduced anxiety, and greater mental resilience.

As every week, you are welcome to attend the class in either of our **Zoom sessions**:

Tuesday from 10:00 a.m. to 12:00 p.m.

or

Thursday from 10:00 a.m. to 12:00 p.m.

To attend class, please use the Zoom link below:

Zoom: [Please click here.](#)

Our Website: [Please click here.](#)

Lesson of the Week: [Please click here.](#)

BrainHQ: [Please click here.](#)

ANNOUNCEMENT

Please take a moment to complete the survey. You are also welcome to suggest topics you would like to learn more about next semester. The survey link is included below. <https://forms.gle/Q9YHtmBHgf7pvCsi8>

I hope you have a great weekend, and I look forward to seeing you in class.
Take good care of yourself and have a brain-healthy week.

Yael Lorberfeld
Ma. Clinical Psychology
Faculty
San Diego Community College

