

## **Want New Brain Cells? Get Moving**

By Bambi Betts

Have you ever told your kids to sit still, stop moving! Or kept a child in from the break to make up some work? You are not alone. But these practices are now known to ignore one of the key findings about learning.

In the late 1990's, neuroscience research established that humans can and do produce new brain cells right through their lives, even into old age. This is known as 'neurogenesis'.

New cells, in this case neurons, are currently seen as necessary aids to learning and memory (Deng, W., Aimone, J., & Gage, F., 2010).

Several researchers are studying the properties of neurogenesis. One of the key findings is that voluntary physical activity plays a significant role in promoting the health of newly born cells, increasing their survival and improving the overall spatial learning and memory. (Pereira AC, et al., 2007; Ratey, J., 2008; and others)