Dear Reader,

In our efforts to keep you informed of the accomplishments of the Foundation and Brain information (Hot Off The Press) is our 15th edition of Sia Brain Awareness Foundation Newsletter to be published quarterly.

**Your Brain on Exercise**

Thinking about skipping out on the gym today? Think twice! It’s not just your glutes and biceps that will miss out if you bypass exercise--so will your brain. Neuroscientists have shown that regular exercise supports brain function, a positive mood, and cognitive health.

Regular exercise triggers the growth of new blood vessels in the brain, allowing the brain to receive a larger blood supply. It spurs the creation of new neurons in the brain’s memory center, the hippocampus, & even boost levels of molecules that nourishes neurons.

Studies in older adults show that regular aerobic exercise improves cognitive function and slow cognitive decline. So, if you want to remember the color of your first car when you’re 80 years old, you might consider starting and maintaining a healthy workout regime now. Regular exercise can improve mood and reduce the symptoms of anxiety and depression. It can even make you more resilient to stress.

So the next time you see those running shoes gathering dust in your closet and consider lacing up, just remember your muscles aren’t the only thing getting stronger!

**Your Brain on Exercise**

 Congratulations 2019 5K Brain Walk/Run Winners

**8th ANNUAL 5K BRAIN AWARENESS WALK/RUN FUNDRAISING EVENT**
Saturday October 12, 2019 8A.M.
Dewey Boster Park,
WAS A GREAT SUCCESS!

1st Place Kayla Nguyen, Deland High (2nd row 3rd from left),
2nd Place Megan Leinenbach, Lake Howell High (2nd row 5th from left),
3rd Place Saarah Sherifi, Seminole High (2nd row 6th from left),
4th Place Stephanie Reas, Lake Howell High (1st row far right),
5th Place Sarah Wynbrandt, Seminole High (first row 3rd from right),
6th Place Kayla Trinidad, Deltona High (2nd row 3rd from right)
7th Place Elisabeth Akerson, Winter Springs High (front row 4th from right)
8th Place Citlali Jimenez, University High (front row 2nd from right).

**2019 Guest Speaker**: Mrs. Sara Burke University of Florida, McKnight Brain Institute- Behavioral and Cognitive Neuroscience; Cognitive Aging;

**2019 Banquet MC**: Mr. Craig Pender, Volusia County School Board, Former Assistant Principle, University High.

For more information on Sia Brain Awareness Foundation, please email Paula Yorker at sybasf@gmail.com or visit Sia’s website at: www.siabrainawarenessfoundation.org

If you would like to receive our quarterly newsletter or make a end of year donation you can do so at the above mentioned website.

During this time of faith and family, may the true meaning of Christmas fill you with joy.
Wishing you a Merry Christmas and a blessed New Year!

Sia Yorker
Brain Awareness Foundation