

[IMAGE]

Lose Weight, Gain Memory

When it comes to losing weight, women have heard all sorts of reasons to get moving. Now, a new one has been added to the list that is sure to get a lot of women excited - working out can help boost memory, according to the latest research.

This is especially true for women who are older and overweight.

Researchers say this is a great incentive for older women to begin a weight loss regimen that can have a number of other benefits.

The study findings were presented at the Endocrine Society's 95th Annual Meeting.

The study included 20 overweight, post-menopausal women with an average age of 61, who were randomly assigned to one of two healthy diets for six months. Researchers measured the women's body mass index before and after the diet, and also tested the subjects' episodic memory by having them memorize unknown pairs of faces and names, then recall later on what letter each person's name began with.

Researchers found that memory performance improved after weight loss, and brain scans confirmed that the women had grown more adept at storing and recalling memories.

If you are looking to improve your memory and brain health get moving it will help you keep all of your life memories in tact and make you look good in the process.

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