Increasing Creativity

Great News! Taking your brain for a walk can actually make you smarter. According to David Balboa, sports psychotherapist and co-director of the Walking Center in New York City, "There is a very dynamic action involving both sides of the brain when walking, and you tend to become more creative." In other words, walking can strengthen your problem solving ability. This is true for all age groups:

**Studies that support this concept:**

Students in 4th, 5th, 6th, and 8th grades were in a 15-week jogging program. (study conducted by Bruce W. Tuckman, Ph.D., and Professor of Educational Research Florida State University)

RESULTS: Exercising kids did substantially better than non-exercising kids when tested for creativity.

A divided group of 55-70 year old people was in a 4-month fast aerobic walking plan. (study conducted by Robert Dustman, Ph.D., Psychologist at the Salt Lake City Veterans Administration Medical Center)

RESULTS: Those who did aerobic exercises showed:

* improvement in short-term memory
* faster reaction times
* more creativity than those who did non-aerobic exercise.

Those who did non-aerobic exercises showed small improvement in all three areas. Non-exercisers showed no change in mental ability.

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So, when you have a problem and you are stuck, get up and take a walk. Whether the walk is long, short, fast, or slow doesn't matter. The idea is to get moving.

Remember: "A sedentary body makes for a sedentary mind" Bruce Tuckman, Ph.D.

Try It! Perhaps you will find the answers to your problems.