

Phenomenal Fact: Exercise, Your Brain's Best Ally, Marine Style

Bones produce osteocalcin. It helps with memory formation. That may explain what doctors have long observed that regular exercise slows down the progress of Alzheimer's and dementia, yet did not know why.

Let me share a bit of wisdom that's kept me reasonably sharp over the years, something I learned on the move, both in the United States Marine Corps and out. It's about how physical development isn't just about physical strength and conditioning—it's your brain's secret weapon, thanks to a little something called osteocalcin. Here's the lowdown, Marine Corps style:

OSTEOCALCIN BOOST: Every march, jog, or even a spirited dance in the living room isn't just passing time. It's your body's way of cranking up osteocalcin production. That's right, the same discipline we had in keeping our boots polished and our uniforms crisp, we apply to keeping our bodies moving, making sure our brains are getting that top-grade fuel.

MENTAL FORTITUDE: Those early morning runs and PT drills did more than keep us fit—they sharpened our minds. Osteocalcin, that's the ticket. It keeps your thinking clear and your memory sharp. It's like having a well-oiled M16; you need it in top condition to perform when it counts.

METABOLIC MANEUVERS: Just like a strategic operation, exercise helps navigate your body's insulin sensitivity and glucose management. Osteocalcin steps in like air support, ensuring your brain's got the energy it needs to stay on top of its game, reducing the fog and keeping you alert.

BRAIN BOOT CAMP: Our brains, much like us, need constant training, a sort of neurogenesis boot camp. Exercise and osteocalcin together are like your drill instructors for your neurons, ensuring they're always ready, always learning, and always adapting.

So, Phenomenal friends and family, remember, keeping active is not just about physical health—it's about maintaining that mental edge, the sharpness that got us through the toughest times. It's about honoring our service by taking the best possible care of ourselves, brain and body alike. Let's stay moving, stay focused, and keep those brains in combat-ready condition. *Semper Fi!*



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