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Wed, August 10, Mon, August 15, &
Wed, August 17, 8-10am
Stockton University Sports Center

measures improve quickly with short, high intensity interval exercise.

But brain cell growth seems to be driven by longer (> 30min) exercise of moderate intensity. A more detailed article on the study cited here demonstrated that longer exercise unleashes the burning of fat which produce ketones which unlock neuron cell growth. [Click here](#) to read the story.



Some of the older adult programs offered by SCOSA are partially funded under Title III of the Older Americans Act of 1965, as