# 14 Ways **READING IMPROVES** Your Mind and Body

## Strengthens the Brain



When you read a book you have to remember a lot of things, including the different character and also the main plot and any







All of these points throughout the story are a new memory in your brain, which means eing created and existing ones being I. Therefore, your brain's short-term



Study P

Participants read thirty pages of a book the night before and then had an MRI of their brains the next morning. Results showed there was a heightened connectivity in the left temporal cortex. This is the area of the brain that's associated with language and intelligence.

The result Even though the participants weren't reading the novel in the machine, their brains were still retaining a heightened connectivity as if they were. This means the brain is like a muscle, and by exercising this muscle, people can improve their brain pov

## Improves Your Health





apply logic in various scenarios, recognize cause and effect, and utilize good judgment



Numerous studies have shown reading before preschool are more likely to do well in all facets of formal education 12



A children's book exposes your child to 50% more words than watching a

### Reading Helps in Real Life



