AS WE AGE, AN ACTIVE LIFESTYLE + REGULAR EXERCISE = BETTER BRAIN FUNCTION

Experts agree...
Regular exercise added to an active lifestyle ALSO helps your mind stay fit

HERE'S WHAT YOU CAN DO...

Move more throughout the day
- elevator
- stairs

Make concrete plans to move your body
- Water Aerobics at 8:00 AM with Sue

Add regular exercise
- Aerobic: 2½ hours a week to enjoy a moderate-intensity aerobic activity!
- Strength: 2+ days a week to tone and strengthen those muscles

Do more of what you love to do now or try something new with others

The Brain Body Connection: GCBH Recommendations on Physical Activity; www.globalcouncilonbrainhealth.org
Contact: Nick Barracca at nbarracca@aarp.org
Consult your doctor before starting a new exercise regimen.
For more brain health tips see www.stayingsharp.org