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

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

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

The Brain Body Connection: GCBH Recommendations on Physical Activity; www.globalcouncilonbrainhealth.org
Contact: GCBH@aarp.org
Consult your doctor before starting a new exercise regimen.
For more brain health tips see www.stayingsharp.org
DOI: https://doi.org/10.26419/pia.00013.002