

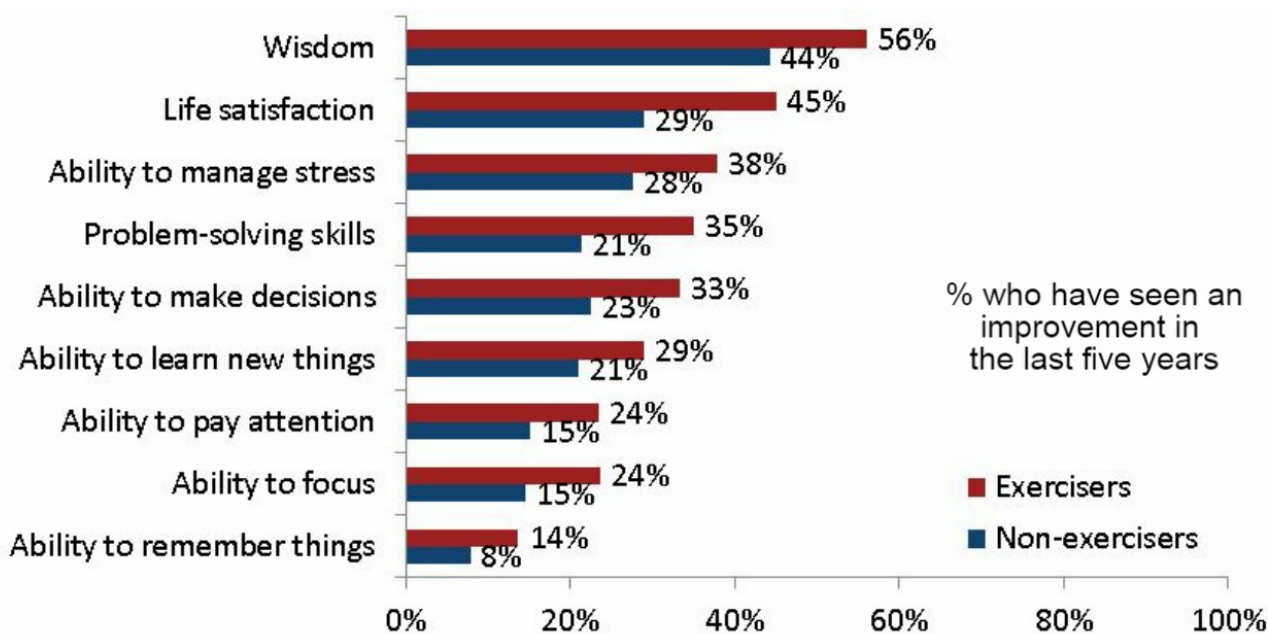
Brain Health and Exercise

Among adults 40 years and older*

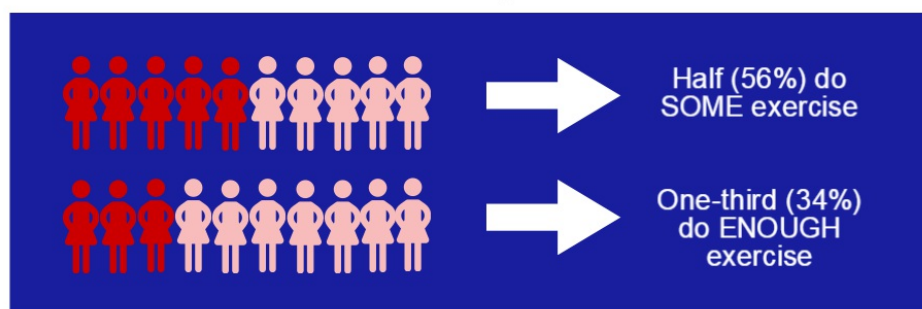
Exercisers rate their brain health higher than non-exercisers



Significantly more regular exercisers have seen an improvement in their mental abilities



Most adults do not get the GCBH-recommended 150 minutes per week*



Walking is the most common exercise reported by over half (53%) of adults

* The Global Council on Brain Health (GCBH) recommends the following: For purposeful exercise, follow current public health recommendations of 150 minutes of weekly, moderate-intensity aerobic activity and two or more days a week of moderate-intensity, muscle-strengthening activities. In addition to purposeful exercise, GCBH recommends leading a physically active lifestyle throughout the day.

Source: 2016 Survey on Physical Activity

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* Data was collected April 29-May 15, 2016 from an online, nationally representative sample of 1,530 40+ adults using GfK's Knowledge Panel.

For more information: globalcouncilonbrainhealth.org

For more tips on brain health: stayingsharp.org