

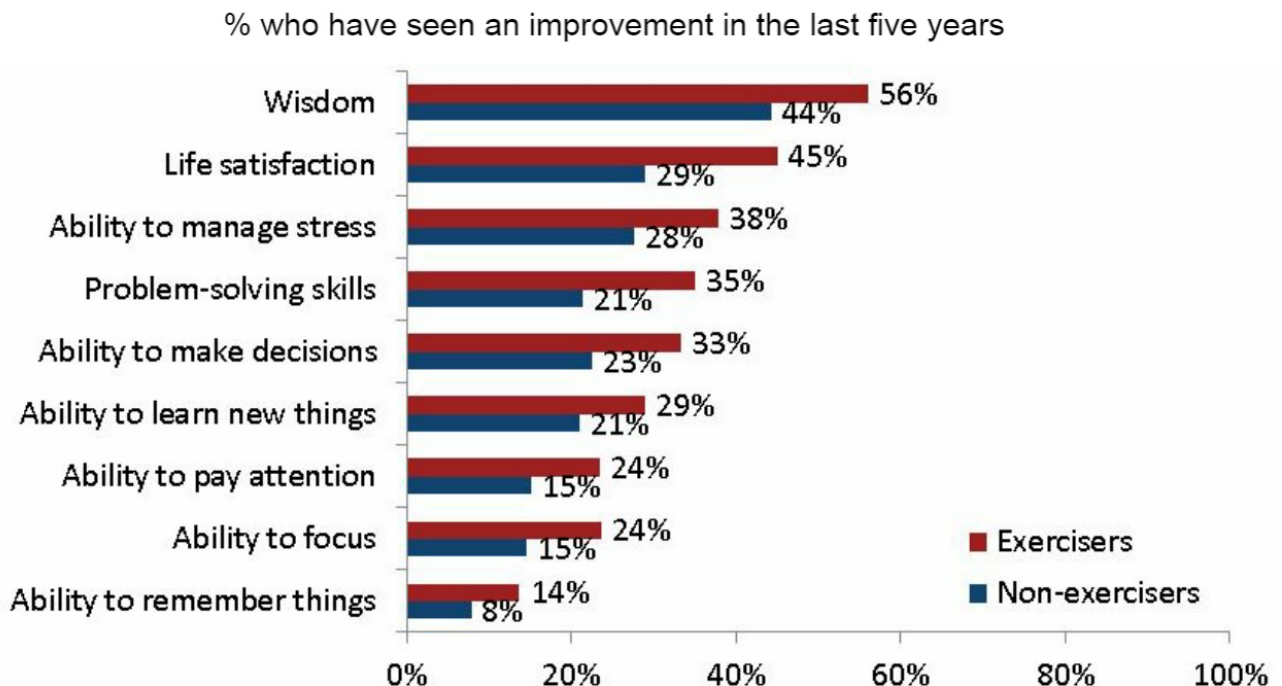
Brain Health and Exercise

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



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 tips on brain health: stayingsharp.org

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