



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

15

Monday

Don't Miss!!

Water Aerobics
at 8:00 AM
with Sue

16

Add regular exercise

Aerobic

2½ hours
A WEEK

enjoy a moderate-intensity
aerobic activity!



Strength

2+ day
A WEEK

tone and strengthen
those muscles



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



Global Council on
Brain HealthSM

A COLLABORATIVE FROM **AARP**[®]

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