



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...

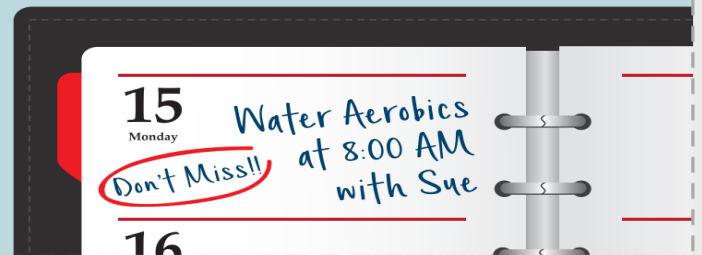
Move more throughout the day

elevator

stairs



Make concrete plans to move your body



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 Health
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

For more information, email Research@flhealth.gov or

Contact your local County Health Department:

Additional resources may also be found by visiting:

<http://www.floridahealth.gov/provider-and-partner-resources/research/HealthyBrainInitiative1/index.html>

