



**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



For more information, email: [Research@flhealth.gov](mailto: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>

# HERE'S WHAT YOU CAN DO...

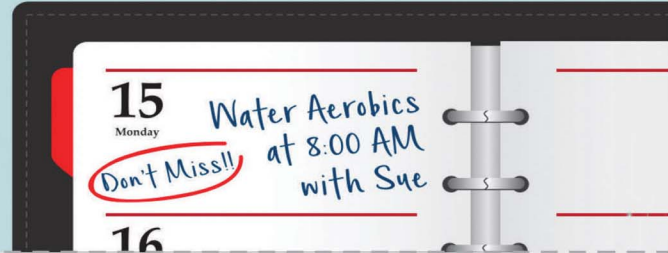
## Move more throughout the day

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](http://www.globalcouncilonbrainhealth.org)

**Contact:** Nick Barracca at [nbarracca@aarp.org](mailto:nbarracca@aarp.org)

*Consult your doctor before starting a new exercise regimen.*

For more brain health tips see [www.stayingsharp.org](http://www.stayingsharp.org)

