



# 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...

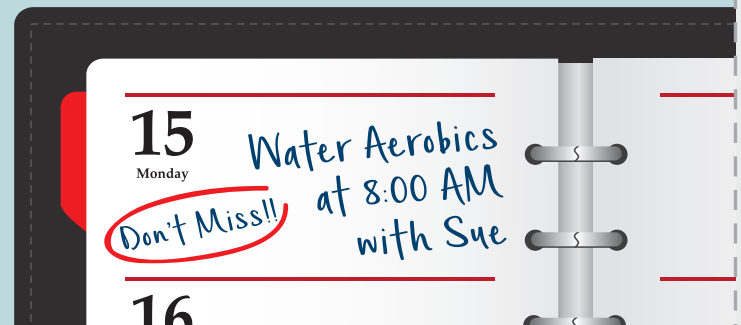
### Move more throughout the day

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+ days  
A WEEK

tone and strengthen those muscles



### Do more of what you love or try something new with others



Global Council on  
**Brain Health**<sup>SM</sup>  
A COLLABORATIVE FROM **AARP**

**The Brain Body Connection:** GCBH Recommendations on Physical Activity; [www.globalcouncilonbrainhealth.org](http://www.globalcouncilonbrainhealth.org)

**Contact:** [GCBH@aarp.org](mailto:GCBH@aarp.org)

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

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

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