HEALTHY BRAIN.

It is normal for your brain to change as you get older. Regular physical activity can have many benefits for health, including lowering your risk for memory loss and confusion. It can:

- Help you think better
- Improve your sleep quality and help you to fall asleep faster
- Improve your feelings of well-being
- Reduce symptoms of anxiety and depression
- Lower your risk of Alzheimer's disease and related dementias

All forms and amounts of physical activity are helpful for the health of older adults. For maximum health benefits, older adults should do all three of these activities:

AT LEAST 150 MINUTES A WEEK
Something that gets your heart pumping like walking briskly or dancing

AT LEAST TWO DAYS A WEEK
Something that builds muscle like gardening or using exercise bands

Something to improve balance like walking heel to toe or standing on one foot

For More Information

About Physical Activity

- **Physical Activity Guidelines for Americans** https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf
- **Centers for Disease Control and Prevention – Physical Activity** https://www.cdc.gov/physicalactivity

About Brain Health

- **CDC Alzheimer's Disease and Healthy Aging Program** https://www.cdc.gov/aging
- **National Association of Chronic Disease Directors Healthy Aging Programs** https://www.chronicdisease.org/page/HealthyAging
- **Alzheimer's Association** https://www.alz.org

This work was supported by a cooperative agreement between the Centers for Disease Control and Prevention and the National Association of Chronic Disease Directors (5-NU38OT000286-02).

NATIONAL ASSOCIATION OF CHRONIC DISEASE DIRECTORS
Promoting Health. Preventing Disease.

CDC
Centers for Disease Control and Prevention

The mark "CDC" is owned by the US Dept. of Health and Human Services and is used with permission. Use of this logo is not an endorsement by HHS or CDC of any particular product, service, or enterprise.