



# HEALTHY BODY. 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](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://chronicdisease.org/Healthy-Aging>
- **Alzheimer's Association** <https://www.alz.org>

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**NATIONAL ASSOCIATION OF  
CHRONIC DISEASE DIRECTORS**

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