

# HEALTHY BODY. HEALTHY BRAIN.

Physical activity can improve your ability to think, learn, and solve problems.<sup>1</sup>



Each week, adults are recommended to get at least 150 minutes of moderate-intensity physical activity, such as brisk walking or jogging, and two days of a muscle strengthening activity, like weightlifting or resistance training.<sup>1</sup>



Adults aged 65 and older need multicomponent physical activity, which can reduce the risk of falls. This includes aerobic, muscle strengthening, and balance activities like dancing, water aerobics, or tai chi.<sup>2</sup>



Physical activity lowers the risk of developing cognitive impairment.<sup>1</sup>



The benefits of physical activity on brain health occur immediately after a session of moderate-to-vigorous physical activity, and include reduced feelings of anxiety, improved sleep, and improved cognitive function.<sup>1</sup>



Regular physical activity can even provide important health benefits for those already diagnosed with chronic health conditions or disabilities including dementia and other cognitive disorders.<sup>1</sup>



Some communities face significant barriers to achieving adequate levels of physical activity.<sup>3</sup>



## References

<sup>1</sup> Department of Health and Human Services. Physical Activity Guidelines for Americans. 2nd Edition. Washington, DC: U.S. Department of Health and Human Services: 2018. [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).

<sup>2</sup> U.S. Department of Health and Human Services. Physical Activity Guidelines for Americans Midcourse Report: Implementation Strategies for Older Adults. Washington, DC: U.S. Department of Health and Human Services; 2023. [https://health.gov/sites/default/files/2023-08/PAG\\_MidcourseReport\\_508c\\_08-10.pdf](https://health.gov/sites/default/files/2023-08/PAG_MidcourseReport_508c_08-10.pdf)

<sup>3</sup> Amy Bantham, Sharon E. Taverno Ross, Emerson Sebastião, Grenita Hall, Overcoming barriers to physical activity in underserved populations. Progress in Cardiovascular Diseases, Volume 64, 2021, Pages 64-71, ISSN 0033-0620, <https://doi.org/10.1016/j.pcad.2020.11.002>

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Since 1988, the National Association of Chronic Disease Directors and its more than 7,000 Members have worked to strengthen state-based leadership and expertise for chronic disease prevention and control in all states, territories, and nationally.

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