

Physical Activity



PHYSICAL ACTIVITY GUIDELINES



Aerobic Exercise
75-150 minutes per week



Strength Training
2 to 3 times per week



Balance & Flexibility
3 to 4 times per week



AEROBIC EXERCISE GUIDELINES:

- Aerobic exercises include walking, swimming or cycling
- 150 minutes of moderate-intensity aerobic exercise per week such as brisk walking OR 75 minutes of vigorous-intensity aerobic exercise per week such as jogging OR a combination of the two
- Get at least 7,000 steps per day



TRACK YOUR STEPS

We have been told that we need 10,000 steps per day, but new research published in JAMA Network Open found that **7,000 or more steps per day**, regardless of step intensity, was related fewer deaths. Ways to track steps range from low-cost pedometers to wearables like smartwatches and smartphones. Keep an eye on your step count to meet the goal of 7,000 each day. Move more by parking farther away, taking the stairs, and marching in place while brushing your teeth. If you use a stationary bike or go for a bike ride, attach your pedometer or smartwatch to your shoe so the pedal strokes will count as steps!

Paluch AE, Gabriel KP, Fulton JE, et al. Steps per Day and All-Cause Mortality in Middle-aged Adults in the Coronary Artery Risk Development in Young Adults Study. *JAMA Netw Open*. 2021;4(9):e2124516. doi:10.1001/jamanetworkopen.2021.24516



Physical Activity



START AN EXERCISE ROUTINE THIS WEEK

1. Buy any equipment you may need like a pair of athletic shoes, yoga mat, or hand weights
2. Do some form of **strength training 2 to 3 times per week**
3. Do some form of **aerobic exercise once a week for 15 minutes** such as brisk walking
4. Track your steps using a pedometer, smart phone, or wearable device such as a Fitbit or smart watch. **Aim for 7,000 steps per day.**



Any amount of physical activity can slow cognitive decline.

Scientists analyzed 15 research studies evaluating the effects of physical activity on brain function over an average of five years.

Participants who reported a high amount of physical activity at the beginning of the study were **38% less likely to experience cognitive decline** at follow-up compared to those who reported being sedentary. Even low-to-moderate levels of physical activity resulted in a 35% reduced risk of cognitive decline compared to sedentary individuals.

Sofi F, Valecchi D, Bacci D, Abbate R, Gensini GF, Casini A, Macchi C. Physical activity and risk of cognitive decline: a meta-analysis of prospective studies. *J Intern Med.* 2011 Jan;269(1):107-17. doi: 10.1111/j.1365-2796.2010.02281.x. Epub 2010 Sep 10. PMID: 20831630.



Physical activity protects against dementia and brain atrophy (shrinkage).

Researchers looked at the link between physical activity levels and the development of dementia and Alzheimer's disease in adults without dementia aged 60 and older.

After 10 years, adults doing the least amount of physical activity had an increased risk of dementia, including Alzheimer's disease. The results also showed that **even a modest amount of exercise may protect against dementia.**

Tan ZS, Spartano NL, Beiser AS, DeCarli C, Auerbach SH, Vasan RS, Seshadri S. Physical Activity, Brain Volume, and Dementia Risk: The Framingham Study. *J Gerontol A Biol Sci Med Sci.* 2017 Jun 1;72(6):789-795. doi: 10.1093/gerona/glw130. PMID: 27422439; PMCID: PMC6075525.



Physical Activity



MOVE THROUGHOUT THE DAY

Sitting for long periods increases your risk of Alzheimer's disease and dementia.
The takeaway: Move more and sit less! Even standing is beneficial.



Watching more than three and a half hours of television per day is linked to a decline in verbal memory.

Part of verbal memory includes being able to recall words and other aspects of language.



Tip to improve memory:

Avoid sitting for long periods of time. Instead, break up periods of sitting with some form of physical activity such as a short walk, doing 5-10 jumps or squats, marching in place, or standing.



IMPORTANT TAKEAWAYS

1. It is never too late to start exercising
2. Any amount of physical activity will benefit your brain
3. The more physical activity you do, the more your brain will benefit
4. Regardless of your current state of health, there is some type of physical activity you can do. If you have limited mobility, try chair yoga
5. Start slow and increase exercise over time as your fitness and stamina improve
6. The best type of physical activity is the one you enjoy doing!