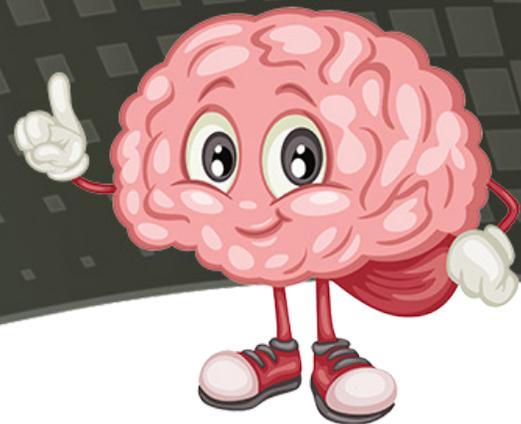




# Brain Health



Today's research tells us that just a single exercise session can help improve cognitive function! What's more – regular exercise continues to *increase* brain power. In honor of June being **National Alzheimer's & Brain Awareness Month**, we decided to research the question of *"Why is exercise considered to be the "silver bullet" against age-related cognitive decline?"* Join us as we take a deeper dive into benefits of exercise that go far beyond appearance goals.



## THE STUDY

According to researchers from the Washington VA Medical Center and George Washington University, as good health improved, people's chances of developing dementia decreased. The more fit you are, the less likely you may be to develop Alzheimer's disease — with those who are the most fit having a 33 percent lower risk for this dementia than the least fit.

## THE EXPLANATION

Why would exercise build brainpower in ways that thinking might not? The brain, like all muscles and organs, is a tissue, and its function declines with underuse and age.

Beginning in our late 20s, most of us will lose about 1 percent annually of the volume of the hippocampus, a key portion of the brain related to memory and certain types of learning. Exercise seems to slow or reverse the brain's physical decay, much as it does with muscles.

Whatever the activity, an emerging message from the most recent science is that exercise needn't be exhausting to be effective for the brain. A group of 120 older men and women were assigned to a year-long walking program. After a year, they wound up with larger hippocampi and performed better on cognitive tests<sup>2</sup>.

## IS IT TOO LATE?

Dr. Eric B. Larson, from the Group Health Research Institute in Seattle thinks the benefits of exercise on mental ability can accrue even if one starts exercising later in life. "There may be even more benefit, because your state is more risky," he said. "Just keeping up walking for an older person is a huge benefit." Even after dementia has started, exercise can be a benefit, Larson said <sup>3</sup>.

1. [https://www.washingtonpost.com/health/2022/03/13/alzheimers-exercise/?fbclid=IwAR2v2VBwiLektivBUD0wBj1Rzcc\\_3NvGUycSdiepmXb\\_yEscdqaVlf\\_Pjll](https://www.washingtonpost.com/health/2022/03/13/alzheimers-exercise/?fbclid=IwAR2v2VBwiLektivBUD0wBj1Rzcc_3NvGUycSdiepmXb_yEscdqaVlf_Pjll)
2. <https://www.ideafit.com/personal-training/protecting-the-aging-brain/>

Live 2 B Healthy® helps seniors stay active and independent well into their 90's and beyond! Contact us for more information about how your senior living community can participate in our programs.

[www.Live2BHealthy.com](http://www.Live2BHealthy.com)



©2022 Live 2 B Healthy®