Staying Active May Help Maintain Brain Function

How have you stayed active during the winter slump? Are you ready to get moving?

ONU HealthWise

Recommended amount of activity:
- 150 minutes per week

**Strength Training Tips**
- Goal: strength training at least one day a week
- Try doing a single set with 12 repetitions
- Start with light weights and increase once you can easily complete a set

Studies have shown that those who remain active have a stronger cognitive function compared to those who are inactive. In particular, physical activity may help slow or prevent age-related cognitive loss in those at risk for dementia.

**Beneficial Activities:**
- **Aerobic Exercise:** walking, running, swimming, cycling, dancing, etc.
- **Strength Training:** focus on abdominal, back, arm, and leg muscles

**Potential Benefits**
- Attention
- Ability to Multitask
- Processing Speeds
- Memory

- **Combine Physical Activity With:**
  - Healthy Diet
  - Brain Training
  - Social Activity
  - Heart Health (maintaining a normal blood pressure)

= Maximum protection from age-related cognitive decline