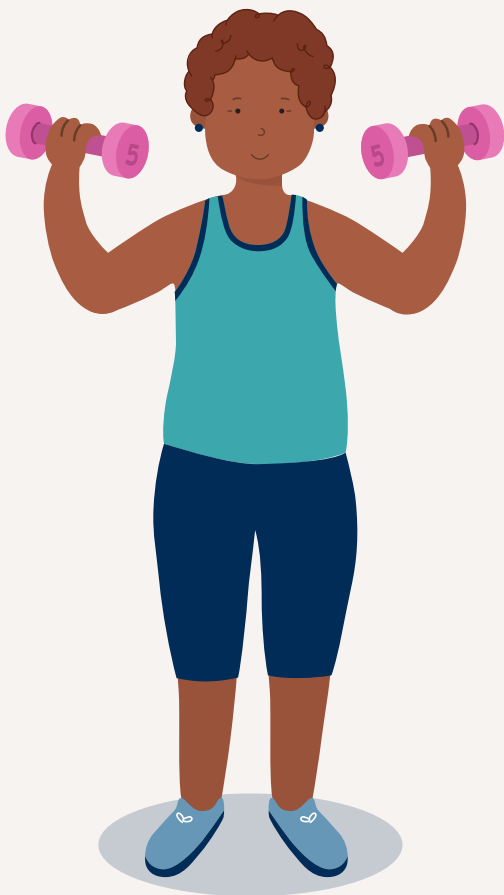


WHY EXERCISE?

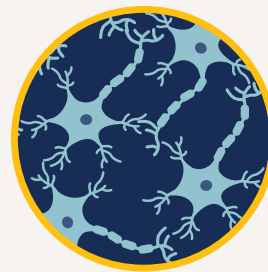


Exercise builds brain health



**Boosts
blood flow**

+



**Creates new
brain cells**

+



**Strengthens
your memory**

Exercise benefits body and brain

Decreases:



Blood pressure
Stress and anxiety

Increases:



Mood and sleep
Focus/creativity

**Exercise is one of the most important things
you can do to decrease your dementia risk**

EVERYONE CAN FIND A WAY TO EXERCISE



Choose a form of exercise or physical activity that brings you joy and purpose. You're more likely to exercise if it's fun and meaningful



Exercising early in life decreases your dementia risk, but it's never too late to start!



Exercise can be modified to suit various physical abilities (for example, hand grip exercises have brain boosting benefits for those with mobility issues)

HOW CAN YOU TAKE ACTION?



Any physical activity is better than none

Build exercise into your daily activities and hobbies, like walking when you can



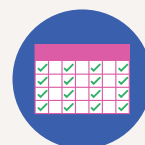
Challenge yourself

Remember that your body gets used to repeated movements over time, so change up your activities



Get a full body workout

Work different body parts on different days so your whole body benefits over time



Make exercise a part of your routine and stay consistent

To build consistency, schedule it in your calendar, or join a workout class or group



Take movement breaks

If you're sitting for long periods of time, stand up every 30 minutes for a 2-minute movement break



Exercise with others in person or online

Encourage and inspire each other