

7 EXERCISE TIPS



Wisconsin Alzheimer's
Disease Research Center
UNIVERSITY OF WISCONSIN
SCHOOL OF MEDICINE AND PUBLIC HEALTH

Regular exercise benefits the entire body, and studies conducted at the University of Wisconsin–Madison show that it also improves brain health and thinking skills. But what activities are considered exercise, and how much is needed to improve brain health?

Any additional movement can be considered beneficial exercise as long as it is a planned, repetitive activity that increases your heart rate. This can include a brisk walk, a workout class, or a bike ride. The U.S. Centers for Disease Control and Prevention (CDC) recommends

150 minutes of moderate-intensity aerobic exercises each week. According to a 2014 paper from Ozioma Okonkwo, PhD, of the Wisconsin Alzheimer's Disease Research Center, people who followed a moderate exercise plan performed better on memory tests than their peers who weren't exercising.

Exercise directly benefits the brain by increasing blood flow and nutrient delivery to brain tissue. It also stimulates the brain which leads to more brain cell and synapse growth. Below are seven tips for starting and maintaining an exercise routine.

- 1 Start with gentle exercise to avoid injury
- 2 Set easy and attainable goals to make your exercise journey more fulfilling
- 3 Exercise with friends and family to stay motivated
- 4 Wear shoes and clothes meant for exercise
- 5 Gently stretch your muscles after exercise to alleviate soreness
- 6 Go online for exercise ideas, like the Get Movin' online classes: www.adrc.wisc.edu/get-movin
- 7 Set long-term goals to work up to over time, like walking 2 miles at a time

Learn more

Visit the National Institute on Aging webpage "Exercise and Physical Activity" at nia.nih.gov/health/exercise-physical-activity

Find resources from the Wisconsin Alzheimer's Disease Research Center at adrc.wisc.edu/prevention