

EXERCISE

Brain Health Pillar

BRAIN ● HEALTH
NETWORK

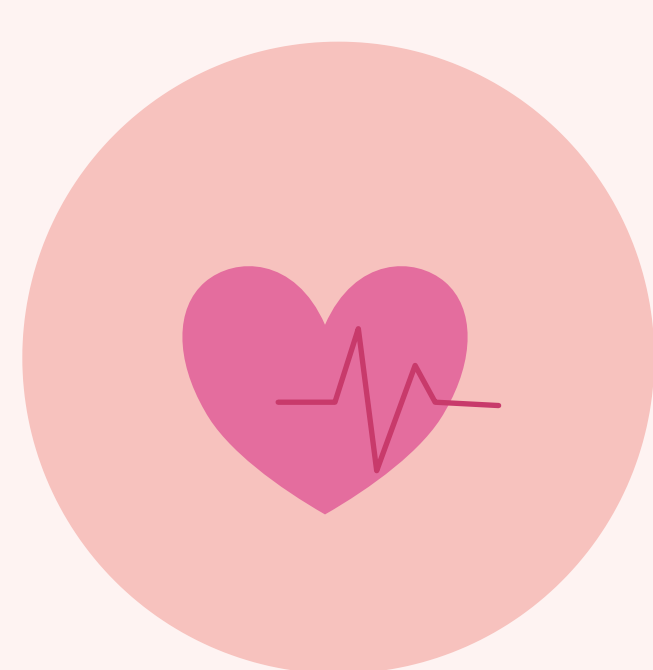
www.brain.health

To maintain and improve brain health, the Global Council on Brain Health (GCBH) recommends we do organised (or purposeful) exercise AND try to be active in our day-to-day lives



An Active Lifestyle (incorporating movement in daily activities)

- Walk to work or the shops instead of driving
- Take the stairs instead of the lift
- Park further away from your destination
- Engage in hobbies and sports such as active yoga, dancing and gardening



Purposeful Exercise (moderate to vigorous exertion)

The GCBH says that while ‘there is no consensus on what types of exercises are optimal for brain health’, we should follow the American Heart Association’s recommendation:

150 minutes of weekly, moderate-intensity aerobic activity (or 75 minutes of vigorous activity) and Two or more days a week of moderate-intensity muscle-strengthening activities

- Walking at a brisk pace to increase your heart rate
- Strength/resistance training (eg free weights, squats, lunges)
- Aerobic training which raises your heart rate (eg cycling, jogging, running)

The World Health Organisation adds that **upping the amount of aerobic exercise to 300 minutes per week (moderate intensity) or 150 minutes (vigorous intensity)** will bring additional benefits.

During moderate-intensity exercise, your heart will beat faster and you’ll breathe harder than normal, but you will still be able to talk. At vigorous intensity, you will probably get warm and begin to sweat, and you won’t be able to talk much without getting out of breath