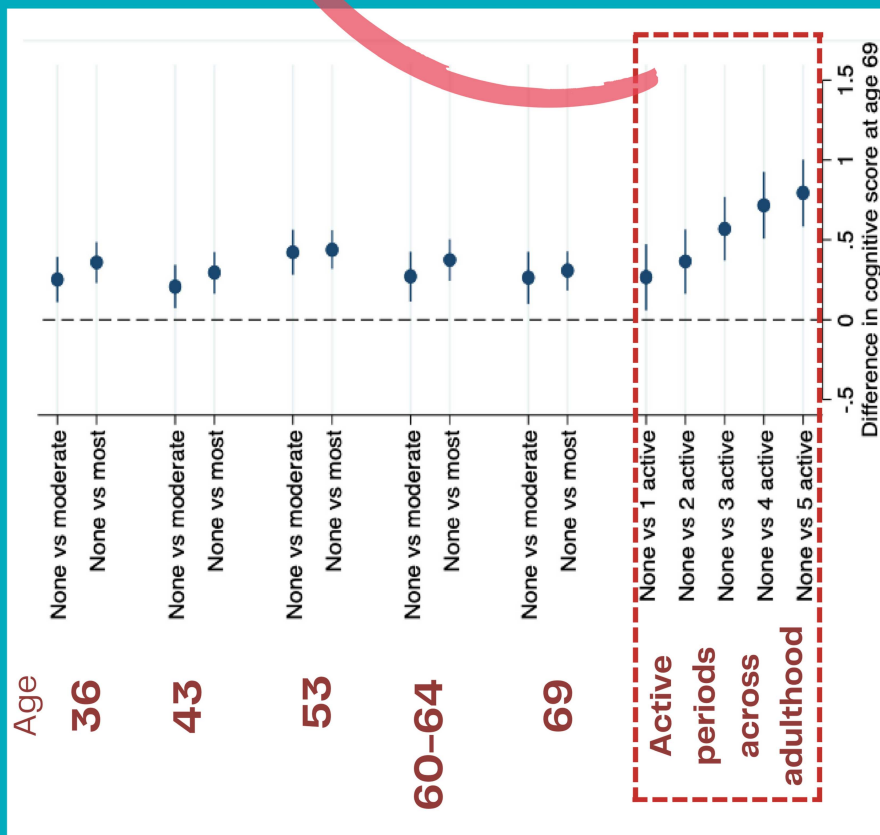


# The effects of timing of physical activity, over 30 years of adulthood, on later-life cognition

Physical activity at five time-points across adulthood (N=1531 people across UK)



Any physical activity at any age associated with higher cognition at age 69



Maintaining physical activity for longer across adulthood had the greatest cognitive link

Up to 2/3 of association explained:

