

The Importance of Physical Activity

Engaging in physical activity in older adulthood is protective for cognitive functioning and increased healthspan

Based on over
52,000
participants
from North America and Europe

Especially important prior to onset

THE BENEFITS OF
MODERATE
PHYSICAL
ACTIVITY

Also protective after onset of cognitive impairment

FOR EXAMPLE

3x
50 MIN
PER WEEK

AS LITTLE AS
150
MIN
PER WEEK



Reduces the risk
of
cognitive impairment



Increases
life expectancy

