Remember to Exercise!

Staying active may lower the risk of Alzheimer’s

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It seems there’s no end to the good things that working out can do for our bodies. Now, findings show that moderate physical activity may stop Alzheimer’s disease from attacking an area of the brain that helps us remember stuff. And that’s even if your family history puts you at risk of this common form of dementia that affects memory, thinking and other cognitive behaviors.

For the study, researchers tracked four groups of healthy older adults, ages 65 to 89, with normal cognitive abilities, such as memory, reasoning and problem-solving skills. The results? Participants who were at high risk of Alzheimer’s but were physically active showed no loss in the volume of the hippocampus, the part of the brain governing memory and the way our bodies relate to the surrounding environment.

According to researchers, these findings show “additional evidence that exercise plays a protective role against cognitive decline.”

Tennis anyone?

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http://beta.docker.realhealthmag.com/article/exercise-alzheimers-disease-26120-5734