

# **WALKING** *for* **Brain Health**

## **The benefits of walking are endless.**

Walking is helpful for your brain in a vast array of areas both in young and older adults. In younger adults, several studies showed a link between academic skills such as short-term memory and walking. In older adults walking was shown to aid in several areas that often decline as we age such as balance, foot proprioception (knowing where your feet are), and reduced memory impairment.



### **Why walk?**

Our brains retain lifelong plasticity in response to how we exercise, specifically walking. It's never too late to get started.

People who walk at least 4,000 steps per day have healthier memory, learning, and cognitive function. Aerobic exercise helps to increase memory and overall brain health.

How can you incorporate more steps into your day? Invest in a wearable to get an accurate count of how many steps you are accomplishing.

- 1. Park in the back of the parking lot at work or stores to get extra steps in and out.**
- 2. Working virtually? Try walking in place during a virtual meeting.**
- 3. Do an early morning or evening walk.**
- 4. Take the stairs instead of the elevator.**
- 5. Take a work break and do a lap once an hour.**
- 6. Sign up for a walking event through social media or a local 5K.**
- 7. Explore local events or festivals that involve walking to explore different booths.**