

Take Steps to Improve Memory



Exercise is key to mental health for older adults who are striving to remain independent and active. Older adults who walk or jog perform better on memory tasks than those who are more sedentary, according to researchers from Boston University.

The results showed that older adults who took more steps per day had better memory performance, including long-term memory.

The Boston University research showed that physical fitness benefits cognitive health or mental capabilities used to think, talk, learn, read and recall things from memory.

To maintain and improve brain health in older adults, Sue Durkin, geriatric advanced practice nurse at Advocate Good Samaritan Hospital in Downers Grove, says, "Our bodies were made to move. Many of these basic approaches to maintaining health and function can help sustain a satisfying quality of life."

Wishing you joy and good health,
Mary Bohlen RN
SJParishNurse@comcast.net