

BRAIN HEALTHY EXERCISE TIPS



MASSACHUSETTS
Alzheimer's Disease
Research Center

When exercising, doing a little is better than doing none at all. Research shows that what's good for the heart is good for the brain.

Aerobic exercise, that increases your heart rate, shows the most benefit. The American Heart Association suggests these target heart rates for maximum exercise benefit.

Age	Target HR Zone 50-85%	Average Maximum Heart Rate, 100%
20 years	100-170 beats per minute (bpm)	200 bpm
30 years	95-162 bpm	190 bpm
35 years	93-157 bpm	185 bpm
40 years	90-153 bpm	180 bpm
45 years	88-149 bpm	175 bpm
50 years	85-145 bpm	170 bpm
55 years	83-140 bpm	165 bpm
60 years	80-136 bpm	160 bpm
65 years	78-132 bpm	155 bpm
70 years	75-128 bpm	150 bpm

Suggested Indoor Exercises

Treadmill
Stair Climbing
Elliptical Trainer
Stationary Bicycle
Group Fitness Class
Video Exercise Class

Suggested Outdoor Exercises

Walking or Jogging
Cycling
Cross-Country Skiing
Rowing
Water Aerobics
Swimming



Combining the activities listed above with strength training and light weightlifting is beneficial for bone health and reducing risk of injury. However, for brain health, the focus is on aerobic exercise.