

## **Family** Chiropractic

*Courtesy of Harbourfront Family Chiropractic  
by Dr. Warren Gage*



### **Keep active to avoid Alzheimer's**

There is an old proverb that says: *“Those who do not find time for exercise will have to find time for illness.”*

Moderate physical activity performed in midlife or later appears to be associated with a reduced risk of mild cognitive impairment — and a six-month high-intensity aerobic exercise program can improve cognitive function in individuals who already have the condition.

Each year, 10 per cent to 15 per cent of individuals with mild cognitive impairment will develop dementia (Alzheimer's), as compared with 1 per cent to 2 per cent of the general population.

Physical exercise may protect against mild cognitive impairment by means of the production of nerve-protecting compounds, greater blood flow to the brain, improved development and survival of neurons and the decreased risk of heart and blood vessel diseases.

The bottom line...EXERCISE! We were made to move. It's important to keep your body and your brain active if you want to reduce the chances of life threatening and debilitating diseases. Think of your brain as a battery; it is exercise that charges it every day!