

Mayo Clinic Medical Edge

Exercise & MCI

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	EXERCISE... WE KNOW IT'S GOOD FOR THE HEART, THE LUNGS AND MUSCLES. NOW, NEW RESEARCH SUGGESTS ANOTHER BENEFIT.
Yonas Geda, M.D.	"IT MAKES SENSE THAT EXERCISE MIGHT BE REALLY NICE FOR THE BODY, INCLUDING THE BRAIN, BUT WE WANTED TO REALLY SEE IF THAT HOLDS TRUE."
(yo-nus Gay-da)	DR. YONAS GEDA LED A TEAM OF MAYO CLINIC RESEARCHERS THAT SURVEYED NEARLY 900 PEOPLE BETWEEN THE AGES OF 70 AND 89. STUDY PARTICIPANTS WERE ASKED ABOUT THEIR EXERCISE

	<p>INTENSITY AND FREQUENCY. WHAT THEY FOUND WAS THAT...</p>
Dr. Geda	<p>“INDIVIDUALS WHO EXERCISED TWO TO FIVE OR SIX TIMES PER WEEK, BETWEEN THE AGES OF 50 AND 65, AT A MODERATE INTENSITY, APPEARED TO BE PROTECTED AGAINST MILD COGNITIVE IMPAIRMENT.”</p>
	<p>WHILE ENCOURAGING, DR. GEDA SAYS THE FINDINGS NEED TO BE VALIDATED IN FURTHER STUDY.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I’M VIVIEN WILLIAMS.</p>