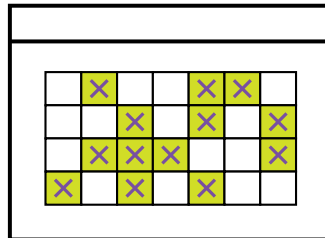


Principles for Prescribing Exercise for Cognition in Older Adults

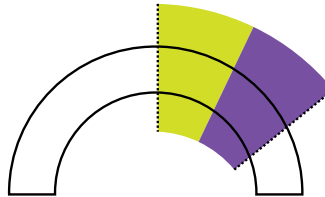


Exercise
Sport &
Movement

F **Frequency**
As often as feasible.



I **Intensity**
Moderate to vigorous.
Incorporate bouts of exercise done at a workload where it is difficult to talk.



T **Time**
Some is better than none!
For clinically relevant cognitive improvements, follow weekly dose guidelines.

Moderate or Vigorous minutes per week		
70	35	Minimum vs
140	75	Optimal

T **Type**
Engage in a variety of activities that you enjoy.

Resistance



Aerobic



Tai chi



Cognitively Challenging

Include cognitive tasks, such as new terrains or navigating to new locations.



Socially Stimulating

Engage in at least one weekly activity with others, in person or virtually.