

effects of exercise on memory

andrew garber

Medical News Today Article

MEDICALNEWSTODAY

Health Conditions ▾

Health Products ▾

Disco

**Aerobic plus strength training
could help keep the brain young**

who: people of any age, but more notable in older people.

what: the effects of exercise on memory and general cognitive performance.

how: combined cardio and strength exercise were linked to significantly better cognitive and memory recall abilities.

why: exercise improves general brain health, increases insulin sensitivity, and improves overall body blood flow.