

HEALTH TIP



SPORTS NEUROLOGY
& PAIN MEDICINE
LOS ANGELES • CALIFORNIA

5 Brain Health Benefits of Walking

You don't have to be an elite athlete to reap the brain health benefits of exercise. Even walking, when done consistently over time, can provide major brain benefits including:

- Increased blood flow to the brain for optimal cognitive function
- Boosts mental health, mood, memory, and ability to concentrate
- Improves overall sleep quality
- Reduces risk of Alzheimer's Disease
- Slows down memory declines associated with aging



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