

Mayo Clinic Minute

Exercise might be key to slowing cognitive impairment

Video	Audio
	Research shows as many as 1 in 5 people age 65 and older will develop mild cognitive impairment.
	Many of those will progress to Alzheimer's disease.
	But new guidelines from the American Academy of Neurology say a simple change in lifestyle could slow that progression down for a lot of people.
00:03:54 RONALD PETERSEN, M.D., Ph.D. ALZHEIMER'S DISEASE RESEARCH CENTER Mayo Clinic	"If you get out there, walk briskly, jog, whatever you like to do, for, say, 150 minutes a week – 30 minutes, five times; 50 minutes, three times – that might, in fact, slow down the rate at which you would progress."
	Dr. Ronald Petersen, director of the Mayo Clinic Alzheimer's Disease Research Center, was the lead author of the guidelines.
	He says that since there are no medicines that have proven to be effective at slowing the progression of mild cognitive impairment, exercise is your best weapon against it.
00:03:54	"It doesn't mean you're going to prevent it, it doesn't mean it's going to stop Alzheimer's disease in its tracks – I wish it would – but, in fact, it doesn't. But I think that aerobic exercise is probably a good recommendation right now."
	For the Mayo Clinic News Network, I'm Ian Roth.