

WALKING FOR MEMORY

You don't have to run!!!

A study showed that older people who walked 40 minutes a day, 3 times a week, showed a 2% INCREASE in the volume of the hippocampus after a year...

At 3 miles per hour that is 2 miles in distance a day of walking...

For a 4% increase common sense would tell you 1hr and 20 minutes 3 times a week would get you there...

At 3 miles per hour that is 4 miles in distance a day of walking...