

How Exercise And Other Activities Beat Back Dementia

April 19, 2013

NPR:

The numbers are pretty grim: More than half of all 85-year-olds suffer some form of .

But here's the good news: Brain researchers say there are ways to boost brain power and stave off problems in memory and thinking.

In other words, brain decline is not necessarily an inevitable part of aging. "It's simply not pre-destined for all human beings," Bryan James tells Shots. He's an epidemiologist at the Rush Alzheimer's Disease Center in Chicago. "Lots of people live into their 90s and even 100s with no symptoms of dementia."

So what can you do to increase the odds? Neuroscientist Art Kramer, who directs the Beckman Institute for Advanced Science and Technology at the University of Illinois, has a number of suggestions. First and foremost, Kramer says, is to exercise. Research shows it's the best thing you can do for your brain.

Read the whole story: [NPR](#)