Scans of 10,000 brains show dramatic memory benefits from just 4 minutes of daily exercise

A new study, which involved scanning the brains of more than 10,000 healthy men and women from ages 18 to 97, found that those who walked, swam, cycled or otherwise worked out moderately for 25 minutes a week had bigger brains than those who didn’t, whatever their ages.

Bigger brains typically mean healthier brains.

The differences were most pronounced in parts of the brain involved with thinking and memory, which often shrink as we age, contributing to risks for cognitive decline and dementia.

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