

A new scientific study examined the link between physical activity, fitness, and brain health. The results were published in *The Lancet*.

According to the research, endurance training and good physical fitness can lower the risk of developing dementia while also promoting healthy brain aging.

Scientists concluded that even small amounts of physical activity can be beneficial for an aging brain, but the intensity of the exercises should be high.

The study showed that even short bursts of high-intensity activity (such as brisk walking at a pace where talking is difficult) could reduce the risk of dementia by up to 40%.

Always consult a specialist before making health-related decisions.