

Moving in-the-midst of COVID-19

Physical Activity for Cognitive Function



Aerobic exercise **improves cognitive function.**

Chronic aerobic exercise helps prevent cognitive decline and contributes to improved memory, learning, and focus. Additionally, there is growing evidence to support that single bouts of aerobic exercise may improve cognitive function!

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5934999/#!po=2.50000>

At-Home Activities

Take a break from your daily routine to fit in some moderate-to-vigorous physical activity!

- Are you experiencing a “quarantine brain fog?” Clear the mental cobwebs with some physical activity!
- The next time you’re watching TV, use the commercial breaks as an opportunity to get some aerobic exercise!
- Try one of HASFit’s full-length free workouts, offered for individuals of all fitness levels and goals!

Physical Activity Resources

- HASFit ([YouTube](#))
- Daily Workouts Fitness Trainer ([app](#))

What is aerobic exercise?

The American College of Sports Medicine (ACSM) defines aerobic exercise as any activity that uses large muscle groups, can be maintained continuously and is rhythmic in nature.

Examples include cycling, dancing, hiking, jogging/long distance running, swimming and walking.

Adults should strive for at least **150 minutes** of moderate to vigorous physical activity per week for optimal health benefits, including **2 days/week** of muscle strengthening activities!

