GET MOVING MIT!

COGNITIVE BENEFITS

- Physical activity is protective against cognitive decline, increases brain size, and improves memory!

WEEKLY RECOMMENDATIONS:

- Cardiovascular exercise
  - 75 minutes of vigorous
  - 150 minutes of moderate

- 2x/week strength train

INCORPORATE PHYSICAL ACTIVITY THROUGHOUT THE DAY:

- Even if you exercise for 2 hours every morning, long periods of sedentary behavior negatively impacts your health and can even affect your memory!

- Set an alarm to go off every 30 minutes to remind you to get up and move!
- Walk or bike around campus
- Stand up and stretch every 4-8 pages while studying or every 20 lines of code!
- Stand up and down 3x every time you take a drink from your waterbottle
- Take the stairs instead of the elevator whenever possible!

To learn more about health and wellness at MIT, visit:
http://mitpe.mit.edu/Health-and-Wellness-Information/

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