



Physical activity can rejuvenate by up to 10 years elder's memory

LOCATION: Almería

DURATION: 1'27"

SUMMARY: The Experimental and Applied Neurology Research Group from the University of Almeria has proved that people aged between 60 and 70 can rejuvenate their cognitive performance by up to 10 years by doing physical aerobic exercise. They have demonstrated that daily exercise improves both cognitive functions as well as memory.

VTR:

Until now we knew that moving your legs, was good for your heart, but what we didn't know is that this simple action... also improves our cognitive capacity, which involves memory and learning. That's what this study carried out by The Experimental and Applied Neurology Research Group from the University of Almeria has demonstrated. The results are surprising.

José Manuel Cimadevilla
University of Almeria Professor

"In the elderly, doing sport improves bodily functions, both memory and cognitive, so that people around 60-70, perform like, let's say their peers, ten years younger."

To achieve this cognitive rejuvenation, it's recommended you...

RUBÉN SÁNCHEZ
PhD Student

"Carry out three hours or more a week of any type of aerobic sports activity."

More than 100 people have taken part in this study.

RUBÉN SÁNCHEZ
PhD Student

"We have carried out a virtual reality test to measure spacial memory. We also used a test that measured three attention networks and varying neuropsychological batteries to measure planning and inhibition."

The study has made an impression on its participants.

MANUEL LÓPEZ
Study Participant

"Above all what they encourage is to continue and carry on with sport."

ANTOLÍN MENDO
Study Participant

"They say it's better to walk a little more and do more exercise, so I'm going to carry on with that."

ANDRÉS LUPIAÑEZ
Study Participant

"It's good for your health, it's fun, you exercise."

A study that points to sport as a source of mental health.