

[IMAGE]

## Steps for the Brain

By Editorial Staff

Let's talk about step count for a minute – after all, everyone else seems to be talking about it lately. More steps equal better health, pure and simple, reducing your risk of developing any number of diseases ... or just dying "before your time." The latest study has found an association between step count / intensity and dementia risk among adults ages 40-79. Let's see what the research concluded.

In the study, researchers monitored nearly 80,000 adults who wore accelerometers to track activity (steps). A higher number of daily steps was associated with a lower risk of dementia by any cause; and a step count of just under 10,000 per day proved most effective in reducing the risk. In terms of step intensity and dementia risk reduction, the optimal pace (steps per minute) was 112 steps, on average, and was associated with greater risk reductions than walking for the same number of steps, but at a slower pace. Findings appear in *JAMA Network Open*.

You might not be a fan of the gym, but walking – all that takes is a comfortable pair of shoes and the willingness to open your front door and pick a direction. With all the research linking walking to better health, if you're not walking every day, the question is: What are you waiting for?

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