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cognitive function is just one part of a person s brain health other aspects include motor function this determines how people move maintain balance and control movements emotional 1 work up a sweat people who are physically active are more likely to keep their minds sharp regular physical activity also can help improve balance flexibility strength energy and mood research suggests that exercise may lower the risk of developing alzheimer s disease the main aim of this aha asa advisory is to provide an initial definition of optimal brain health and guidance on how to maintain brain health our definition of optimal brain health emphasizes the importance of a favorable or ideal cardiovascular risk profile 1 exercise regularly exercise has many known benefits and regular physical activity also benefits the brain multiple research studies show that physical active people are less likely to experience a decline in their mental function and have a lower risk of developing alzheimer s disease brain health may therefore be defined as the preservation of optimal brain integrity and mental and cognitive function at a given age in the absence of overt brain diseases that affect normal brain function defining optimal brain health in adults and its maintenance is consistent with the aha s strategic impact goal to improve cardiovascular health of all americans by 20 and to reduce deaths resulting from cardiovascular disease and stroke by 20 by the year 2020

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