

**Mayo Clinic Medical Edge**

**Mental Exercise**

1:00

<b>Log</b>	<b>Audio</b>
<b>Intro with music</b>	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	PHYSICAL EXERCISE CAN PAY BIG DIVIDENDS LATE INTO LIFE... STRONGER BONES, A HEALTHIER HEART AND MORE ENERGY. WELL A NEW STUDY FINDS THAT MENTAL EXERCISE CAN BE JUST AS IMPORTANT.
<b>Yonas Geda, M.D.</b>	"ENGAGING IN INTELLECUAL ACTIVITIES IS ASSOCIATED WITH A DECREASED RISK OF MILD COGNITIVE IMPAIRMENT."
	IN THE STUDY, MAYO CLINIC DR. YONAS GEDA FOUND THAT READING BOOKS OR MAGAZINES, PLAYING GAMES, HOBBIES AND STAYING SOCIALLY ACTIVE

	DECREASED YOUR RISK OF MILD COGNITIVE IMPAIRMENT BY UP TO 50 PERCENT.
<b>Dr. Geda</b>	“I USED TO THINK OF IT AS A TRUISM... OK, THIS MAKES SENSE. IT’S LOGICAL. YOU NEED TO DO INTELLECTUAL ACTIVITY. BUT WHEN YOU FIND CONCRETE AND TANGIBLE RESEARCH DATA LIKE THIS, IT MAKES YOU THINK SERIOUSLY ABOUT IT.”
	SO REMEMBER, EXERCISE CAN DO A BODY AND A BRAIN SOME GOOD.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I’M VIVIEN WILLIAMS.