

## Try this exercise routine: 30 minutes, 3 times a week



A little bit of exercise goes a long way toward making a difference in the part of your brain known as the hippocampus, which is linked to learning and memory. Try these easy functional activities you can incorporate into your weekly routine for brain-boosting benefits.

- Walk the dog at a brisk pace — just fast enough to get your heart pumping.
- No pets? Try a farmer's walk. Just pick up some light weights or objects that you can grip easily while you walk around, keeping your shoulders back, abs tight and glutes squeezed.
- If you use a wheelchair, try hand-eye coordination exercises, such as holding your arms out to the sides, then bringing them in front of you, pretending to pass a small ball back and forth between your hands (use a real ball for an extra challenge). These exercises move the arms and hands in ways that work neuromotor function (i.e., balance, coordination) and improve range of motion, flexibility and dexterity.

Break up any of the activities into smaller increments throughout the day if you're unable to complete the full 15 minutes in one round.

Learn more about a new brain and exercise study at [Exercise minimizes MS symptoms, preserves brainpower](#).