

Symphony For a Youthful Brain

Dr. Henry Emmons, MD and David Alter, PhD put it all together into movement plans that anyone could follow in their *Symphony for a Youthful Brain: Three Movements and a Coda*. Below are the “**Ideal**” and “**Good Enough**” Movement Plans.

“Ideal” Movement Plan:

Every Day:

- Stand up every 30 minutes throughout the day. Never sit for extended periods without moving against gravity.
- Incorporate a variety of no exercise movements throughout each day.
- Walk for 30-45 minutes several days during the week (or bike, row, swim, dance – whatever movement you prefer) at a light to moderate pace.

Twice A Week:

- Do 10-15 minutes of interval training.
- On alternate days, do some form of medium weight-bearing/resistance work (Yoga, resistance bands, hand weights, gardening, etc.).



Once A Week:

- Take a day of rest.

The “**Good-Enough**” Plan is for those who aren’t able to commit to the “Ideal” Movement Plan. This plan will still accomplish the goal of a more youthful, vibrant brain.



- Stand up as often as you can throughout the day. It is important that you remember not to sit for too long without moving.
- Walk (or do another light aerobic activity) more days than not. Pick up the pace a few times, for just a minute or so, then slow it down again.
- Do some sort of weight bearing activity at least once/week.
- Try to get 20 minutes of focused activity most days of the week.