

Re: Exercise and Alzheimer's

Source: <http://sci.tech--archive.net/Archive/sci.med/2005-10/msg00062.html>

- *From:* wright@xxxxxxxxxxxxxxxxxxxx (David Wright)
 - *Date:* Thu, 06 Oct 2005 04:06:20 GMT
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In article <8677da8fd28db8789332ee7841b225d7@xx>, qhbccf <qhbccf@xxxxxxxx> wrote:

><a href="<http://www.webmedtoday.com/forum/viewtopic.php?t=347>>Exercise can >cut Alzheimer's risk?

>

>According to BBC News report:Exercising for half an hour at least twice a >week during midlife can significantly cut a person's risk of dementia >later.

If only Toothless John Gohde had heard about this before it was too late...

-- David Wright :: alphabeta at prodigy.net

These are my opinions only, but they're almost always correct.

"If you can't say something nice, then sit next to me."

-- Alice Roosevelt Longworth

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- **References:**

- ◆ **Exercise and Alzheimer's**
- ◆ **From: qhbccf**

- **Prev by Date: "Pentagon eyed for avian flu control"**
- **Next by Date: Water Poisoning: The Risks of Over-Hydration**
- **Previous by thread: Re: Exercise and Alzheimer's**
- **Next by thread: High Homocysteine Tied to Lower Mental Ability**
- **Index(es):**
 - ◆ **Date**
 - ◆ **Thread**