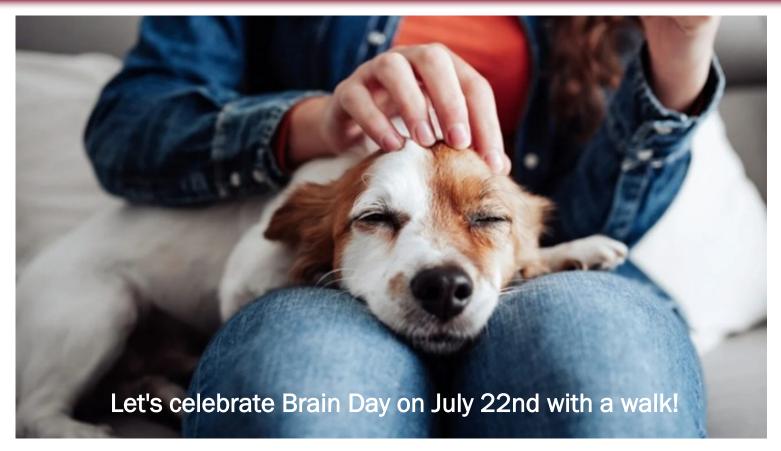




Physical Activity

July 2023 Vol 6, Issue 7

Brain Health



Positive Effects of Pets

H\Y'5`UVUa U'6fU]b`Ghi XmYl Ua]bYX`]bX]j]Xi U'g`k\c`kYfY`dYhckbYfg`UbX`k\c`kYfY`bchdYhckbYfg'':]bX]b[g`Zīca 'h\Y`ghi Xm'g\ckYX`h\Uh'h\Y`XUn'hc!XUm]bhYfUVMjcbg`kY`\UjY`k]h\ ci f`dYhg`VVb`\UjY`dcg]hjjY]a dUVMg`cb`ci f`gcV]U`žYa chjcbU`žUbX`d\ng]VVD`\YU`h\"H\fci [\'h\YgY`dcg]hjjY]a dUVMg`cb`ci f`cjYfU``\YU`h\žckb]b['U'dYha UmU`gc`]bX]fYVMmja dfcjY`VfU]b`\YU`h\"%

A cfY [fYUhbYkg":]bX]b[q'Zfca 'h\Y'ghi XmU'gc'q\ck YX'h\cgY'k\c'k YfY'dYhck bYfgz'YgdYVIJU`mXc['ck bYfgz'\UX.%

- $<][\Yf`Yj Y`g`cZi bXYfghUbX]b[@Uf[Yf`VfU]b`ghfi VM fYg`fk][\Yf`£`Ł$
- 6YHYF'dfcWgg]b['gdYYX
 =a dfcj YX'Yd]gcX]Va Ya cfm'tc'HY``ghcf]Yg
 FYXi WYX'VfU]b'U[Y'Vm' d'tc'%) 'mYUfg'
- 1. McDonough, I. M., Erwin, H. B., Sin, N. L., & Allen, R. S. (2022). Pet ownership is associated with greater cognitive and brain health in a cross-sectional sample across the adult lifespan. Frontiers in Aging Neuroscience, 14.
- American Academy of Neurology. (2022). Do Pets Have a Positive Effect On Your Brain Health?. AAN Publications. https://www.aan.com/PressRoom/Home/ PressRelease/4957



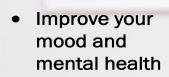
AIR FORCE MEDICINE TRUSTED CARE...ANYWHERE WWW.AIRFORCEMEDICINE.AF.MIL

Check out the calendar on other side to see what is going on this week

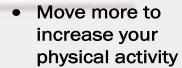


Want to go for a w-a-l-k? Grab the leash and get out there!

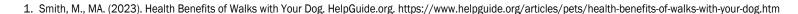
Here are some reasons to get even more excited than your furry friend about your next walk!



Reduce risk of heart disease



Benefits from better sleep



Got questions on other health issues related to sleep health, physical activity, tobacco, or nutrition? Share them with us and we will help you. For more online healh tips visit the Air Force Health Promotion webpage https://www.airforcemedicine.af.mil/Resources/Health-Promotion/



@AF_HealthPromotion_HQ





Air Force Health Promotion HQ

Community **Events**

HERE'S WHAT'S GOING ON WHERE YOU LIVE

Your Local Health **Promotion Office**







Contact: Phone: Email:

Monday	Tuesday	Wednesday	Thursday	Friday