

Brain Health



Let's celebrate Brain Day on July 22nd with a walk!

Positive Effects of Pets

Research shows that pet ownership is associated with greater cognitive and brain health in a cross-sectional sample across the adult lifespan. 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>

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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.
2. 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>

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!

- Improve your mood and mental health
- Reduce risk of heart disease
- Move more to increase your physical activity
- Benefits from better sleep



1. Smith, M., MA. (2023). Health Benefits of Walks with Your Dog. HelpGuide.org. <https://www.helpguide.org/articles/pets/health-benefits-of-walks-with-your-dog.htm>

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 health tips visit the Air Force Health Promotion webpage <https://www.airforcemedicine.af.mil/Resources/Health-Promotion/>



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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