

Associations of Physical Activity and β -Amyloid With Longitudinal Cognition and Neurodegeneration in Clinically Normal Older Adults

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- **Take home: Physical activity promotes resilience to cognitive decline for persons with amyloid in their brain**
- Participants with amyloid in their brain who were physically inactive (took fewer steps per day) had faster cognitive decline compared to persons with amyloid in their brain who were physically active
- <https://jamanetwork.com/journals/jamaneurology/fullarticle/2738357>

