



## **Brain Research Foundation's Lake Bluff/Lake Forest Survey Indicates People Willing To Exercise More To Delay Alzheimer's**

August 29, 2013 – Lake Bluff, IL -- A Brain Research Foundation survey conducted in Lake Bluff and Lake Forest Illinois indicates that concerns about brain diseases such as dementia and Alzheimer's may motivate people to exercise more. 63% of those surveyed said that knowing exercise slows mental decline would make them more likely to exercise.

"This early feedback is an emphasis point that science has to move more rapidly to fill in the blanks on exercise and cognitive decline," stated Terre Constantine, Ph.D., executive director of the Brain Research Foundation.

Finding the time on busy calendars may get in the way of good intentions as 63% of those surveyed said that time was the obstacle to exercise, with 75% of men citing time as a barrier.

Women seem to be more in tune with exercise and mental health. Among women who were surveyed, 55% were concerned about the possibility of developing dementia or Alzheimer's, 85% were aware that exercise has been shown to slow the decline of mental health and 80% spoke to their doctors about exercise during their last check up. The numbers for men were significantly lower.

While some research has indicated that there are significant mental health benefits to regular exercise throughout one's lifetime, the full scientific case has not been made. With an aging population throughout the U.S. that includes a large population of seniors with Alzheimer's and other mental health issues, slowing the path to mental decline is of paramount importance. Only through research will we be able to understand the best approach to utilizing a healthy body to ensure a healthy mind.

Lake Bluff and Lake Forest residents set high standards for exercise. 93% indicated that it was reasonable to exercise three or more times each week and 42% indicated that it was reasonable to exercise five or more times each week. 75% of respondents indicated that they have maintained or increased the amount they exercise compared to 10 years ago.

The survey was conducted by the Brain Research Foundation in Lake Bluff and Lake Forest to evaluate public awareness and perceptions of the relationship between exercise and mental health. GTL Industries/Illinois River Energy provided funding for the survey. Similar surveys were conducted in communities throughout the Chicago area during the month of July.

#### **About the Brain Research Foundation**

The Brain Research Foundation supports cutting-edge neuroscience research that will lead to novel treatments and prevention of all neurological diseases in children and adults. We deliver this commitment through seed grants, which provide initial funding for innovative research projects, as well as educational programs for researchers and the general public.

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