The effects of timing of physical activity, over 30 years of adulthood, on later-life cognition

Physical activity at five time points across adulthood (N=1531 people across UK)

None
0 activity p/month

Moderate
1–4 times p/month

Most
≥5 times p/month

Any physical activity at any age associated with higher cognition at age 69

Maintaining physical activity for longer across adulthood had the greatest cognitive link

Up to 2/3 of association explained:

Active periods across adulthood

Difference in cognitive score at age 69

Childhood SEP

Childhood cognition

Education