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U.S. Pointer Study Shows Structured Lifestyle Program Targeting Multiple Risk Factors Improves Cognition in Older Adults at Risk of Cognitive Decline

- **Key Take-aways: Two lifestyle interventions in U.S. POINTER improved cognition in older adults at risk of cognitive decline. A structured intervention with more support and accountability showed greater improvement compared to a self-guided intervention.**
- **In a large, representative group of older adults at high risk for cognitive decline, multidomain lifestyle interventions were delivered with high adherence and safety.**
- **Cognitive benefits were consistent across age, sex, ethnicity, heart health status and apolipoprotein E-e4 genotype.**

The Alzheimer's Association U.S. Study to Protect Brain Health Through Lifestyle Intervention to Reduce Risk ([U.S. POINTER](https://aaic.alz.org/releases-2025/us-pointer-study-results-announced.asp)) — a two-year, multi-site clinical trial testing two different lifestyle interventions in a representative population of older adults at risk for cognitive decline and dementia — found that both interventions improved cognition in older adults at risk of cognitive decline. Trial participants in the structured (STR) intervention showed greater improvement on global cognition compared to the self-guided (SG) intervention, protecting cognition from normal age-related decline for up to two years. The STR intervention differed from the SG intervention in intensity, structure, accountability and support provided.

<https://aaic.alz.org/releases-2025/us-pointer-study-results-announced.asp>





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TORONTO, July 28, 2025 (GLOBE NEWSWIRE) -- Results from a large study announced today provides those with elevated Alzheimer's risk a new path for changing the trajectory of their brain health. The researchers reported a significant improvement in global cognition from a coached intervention, which used the [BrainHQ](#) brain training app from [Posit Science](#), along with guidance on physical exercise and nutrition. The results were simultaneously published in The Journal of the American Medical Association (JAMA) and announced at the [Alzheimer's Association International Conference in Toronto](#).

"This breakthrough result shows that just about anyone at risk for Alzheimer's – and that's most of us – can change the trajectory of their brain health for the better," noted Dr. Henry Mahncke, CEO of Posit Science. "You can adopt a structured set of brain-healthy activities – including brain training with BrainHQ, better nutrition, and regular exercise – and substantially improve cognitive function, rather than face an inevitable future of decline."

<https://www.globenewswire.com/news-release/2025/07/28/3122767/0/en/New-Study-Shows-How-to-Change-Trajectory-of-Cognitive-Decline.html>





Trying to keep your brain young? A big new study finds these lifestyle changes help

Scientists have unveiled the strongest evidence yet that a combination of diet, exercise and brain training can improve thinking and memory in older Americans.

A [study](#) of more than 2,100 sedentary people in their 60s and 70s found that those who spent two years on the intensive regimen not only improved their mental abilities but appeared to reduce the usual declines associated with aging.

"These people are obtaining cognitive function scores that are similar to people [like them who are] one to two years younger than they are," says [Laura Baker](#), one of the study's principal investigators and a professor of gerontology and geriatrics at Wake Forest University School of Medicine.

<https://www.npr.org/2025/07/28/nx-s1-5477556/aging-brain-health-lifestyle-diet-exercise-social-alzheimers>

