



# It's Time to Get Active

## Physical Activity Challenges Dementia



### Regular physical activity can help:

- Reduce the risk of developing dementia
- Maintain your independence and quality of life if you have dementia
- Support your ability to carry out the tasks of daily living
- May improve general cognition among older adults with or without Alzheimer's disease and other dementias



### Making time to get moving also helps you:

- Relax, have fun, and stay energized
- Improve your mood, manage stress, and reduce risk of depression
- Improve your heart, lung, and bone health
- Have better mobility, balance, and posture
- Reduce your risk of falling
- Maintain a healthy weight

# What Kinds of Physical Activity Should You Do?

Current research recommends that you aim to meet the Physical Activity Guidelines for Older Adults from the Canadian Society for Exercise Physiology. Click here to access: <http://bit.ly/lacBylm>

## Aerobic Activity – Breathe harder and sweat a little.



**Volume:** 2.5 hours/week **Frequency:** Most days of the week

**Activity Level:** Moderate

Getting up and using your whole body. Your heart is beating faster and you can still talk, but not sing.

**Examples:**



Brisk walking



Pole walking



Snowshoeing



Stationary biking



Skating

## Strength Training – Feel your arms, legs, back, and abdomen working. Can be done sitting or standing.

**Frequency:** 2 days/week **Activity Level:** Moderate to high

Exercises where you are contracting muscles against resistance until they are fatigued.

**Examples:**



Lifting weights



Body weight exercises



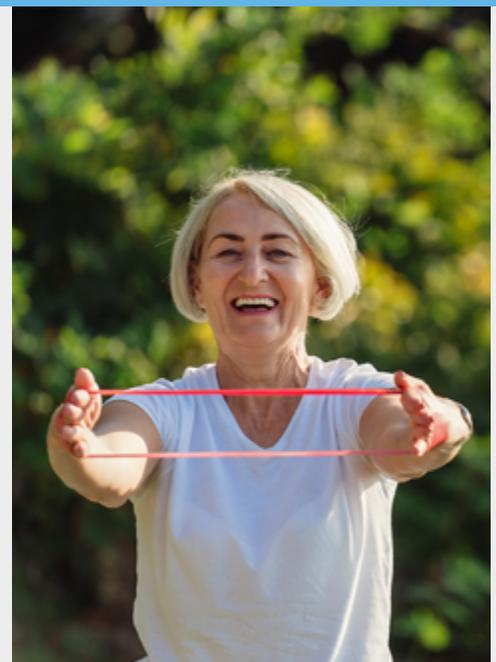
Lifting heavy groceries



Strength training classes



Resistance exercise using elastic bands



## Balance Exercises – Challenge your balance safely



**Frequency:** Daily **Activity Level:** Easy to moderate  
Activities that challenge your balance, and make you do a little work to maintain your stability.

### Examples:



Tai Chi



Standing on one foot.



Heel Raises



Toe Raises



Walking heel to toe in a line.

## Everyday Movement – Get moving to get the blood flowing

**Frequency:** Every 2 hours **Activity Level:** Easy

Gentle movements with a regular heartbeat and minimal additional effort. You can carry on a conversation without strain.

### Examples:



Use the stairs



Enjoy active hobbies



Move to music



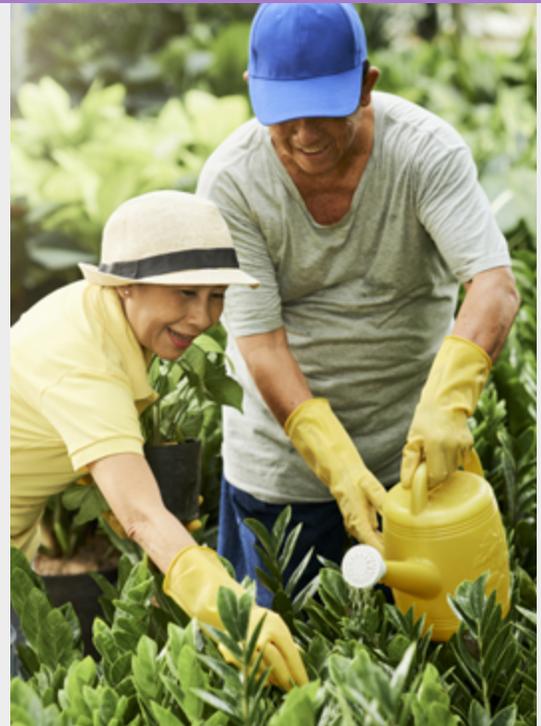
Do housework like dishes or laundry



Be active with family members



Walk after a meal



**Keep in mind** – If you're already active, keep it up!  
If your goal is to become more active, discuss your plans with a health professional if:

- You have a medical condition such as heart disease or diabetes
- You tend to get dizzy and lose your balance when being active
- You have a bone or joint problem (e.g., a problem with your back or hips)

**It's not too late to start.** Find a comfortable pace. When you feel ready, add a few minutes or additional activities.



## Stay Safe



**If you have difficulty balancing, use a mobility aid when walking.** Hold a chair, counter, or grab bar when doing standing exercises.

**Take extra care as a pedestrian.**

Wear an ID bracelet or smart watch, or carry a smartphone if you are walking alone.

**If you start to have trouble walking and moving around, you can still stay active.**

- Ask a buddy to join you or try seated exercises
- Use a cane or other mobility aids if you need to
- Join a program with a qualified instructor or ask a health professional to help you modify your activities and work towards regaining mobility

## Make It Stick

**Be active with others** (including pets) it's fun, and provides a good outlet for social interaction, social support, and friendship. Plus, you're more likely to get moving if you make a commitment to do it with someone else.

**Make a routine with the action planner.** Creating a structured plan helps you get active and stay on-track.

**More may be better.** Start small, and with continual dedication and progress, you may be surprised at what you can do.

**Build on your abilities, interests, and skills.** Choose activities you like and have fun!

For more information about Alzheimer's disease and other dementias, visit [alzheimer.ca/en/on](http://alzheimer.ca/en/on) or contact the Alzheimer's Society near you.

For more information call: \_\_\_\_\_



# Challenge Yourself to Move

Physical activity is good for your body and your brain.

## Action Planner:

Don't forget to add the activities you enjoy.

### Monday

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### Tuesday

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### Wednesday

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### Thursday

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### Friday

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### Saturday

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### Sunday

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## Set some activity goals:

What do you want to achieve?

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Your activity buddy(s):

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## How to keep your routine when:

### The weather is bad:

- Exercise indoors
- Go for a swim
- Do strength training

### I'm not feeling well:

- Reschedule for another day

### My activity buddy cancels:

- Have a list of people to call
- Plan group activities

### I missed my planned activity.

- Go now if it is safe
- Reschedule right away
- Restart your routine tomorrow

