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It's Time to Get Active

How Healthy Active Living Impacts Dementia



What Kinds of Physical Activity Should You Do?



Aerobic Activity

How much: 30 minutes/day, most days of the week

How intense: Moderate to vigorous

Examples: Brisk walking, swimming, aerobics classes, dancing



Strength Training

How much: 2 days/week

How intense: Moderate to vigorous

Examples: Squats or push ups, lifting weights, lifting heavy groceries



Balance Exercise

How much: Daily

How intense: Light to moderate

Examples: Tai Chi, standing on one foot, walking heel to toe in a line



Everyday Movement

How much: Every 2 hours

How intense: Light

Examples: Use the stairs, move to music, gardening, walk to the store



Regular physical activity can help:

- Reduce the risk of dementia
- Maintain independence and quality of life, while living with dementia
- Support the ability to carry out the tasks of daily living
- May improve thinking abilities among older adults with or without dementia



Making time to get moving can help all adults:

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

Get started and make it stick:

Be active with others (including pets) it's fun, and provides social interaction and social support.

Make a routine. Creating a structured plan helps to get active and stay on-track..

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 or contact the Alzheimer's Society near you.

Set some activity goals:

What do you want to achieve?

Stay safe — If you have difficulty walking or balancing, you can still stay active.

- Use a cane or other mobility aids if needed
- Hold a chair, counter, or grab bar when doing standing exercises
- Ask a friend to join or try seated exercises
- Join a program with a qualified instructor or ask a health professional to help