



It's Time to Get Active

How Active Living Impacts Dementia



**Regular physical activity
can help:**

- Reduce the risk of developing dementia
- Maintain independence and quality of life, while living with dementia
- Support the ability to carry out the tasks of daily living such as eating, personal grooming, and moving independently
- May improve thinking abilities among older adults with or without Alzheimer's disease and other dementias



**Making time for physical
activity 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 the risk of falling
- Maintain a healthy weight

What Kinds of Physical Activity Should You Do?

The information below aligns with the Physical Activity Guidelines for Older Adults from the Canadian Society for Exercise Physiology. Click here to access: <https://csepguidelines.ca/>

Aerobic Activity – Breathe a little harder



How much: 150 minutes/week
(30 minutes/day, most days of the week)

How intense: Moderate to vigorous

Your heart is beating faster and you can still talk, but not sing.

Examples:



Brisk walking



Swimming



Aerobics classes



Snowshoeing



Stationary biking



Dance classes

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

How much: 2 days/week

How intense: Moderate to vigorous

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

Examples:



Lifting weights



Body weight exercises



Lifting heavy groceries



Squat or lunge



Exercise with resistance bands



Balance Exercises – Challenge your balance and improve stability



How much: Daily **How intense:** Light to moderate
Activities that challenge and strengthen your balance and stability.

Examples:



Tai Chi



Standing on one foot



Heel raises



Dancing



Walking heel to toe in a line

Everyday Movement – Get moving to get the blood flowing

How much: Every 2 hours **How intense:** Light
Gentle movements with a regular heartbeat and minimal additional effort. You can carry on a conversation comfortably.

Examples:



Use the stairs



Enjoy active hobbies



Move to music



Do housework or yardwork



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 feel dizzy or lose your balance when being active
- You have a bone or joint injury (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 – Exercise at your own pace and ability



- Use a cane or other mobility aid if needed
- Ask a friend to join you
- Try seated exercises
- Hold a chair, counter, or grab bar when doing standing exercises
- Join a program with a qualified instructor or ask a health professional to help you modify your activities and work towards regaining mobility

Take extra care as a pedestrian. Wear an ID bracelet or smart watch, or carry a smartphone if you are walking alone.

Make It Stick

Be active with others (including pets). It's fun and provides opportunity for social interaction and support. 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.

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 call: _____



Challenge Yourself to Move

Physical activity is good for your body and your brain.

Action Planner:

Add the activities you enjoy.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Set some activity goals:

What do you want to achieve?

Your activity friend(s):

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
- Modify activity

My activity friend(s) cancels:

- Have a list of people to call
- Plan group activities
- Plan an activity at home

I missed my planned activity:

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

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