Boost Your Brain and Body Power

Physical Activity and Alzheimer's Disease

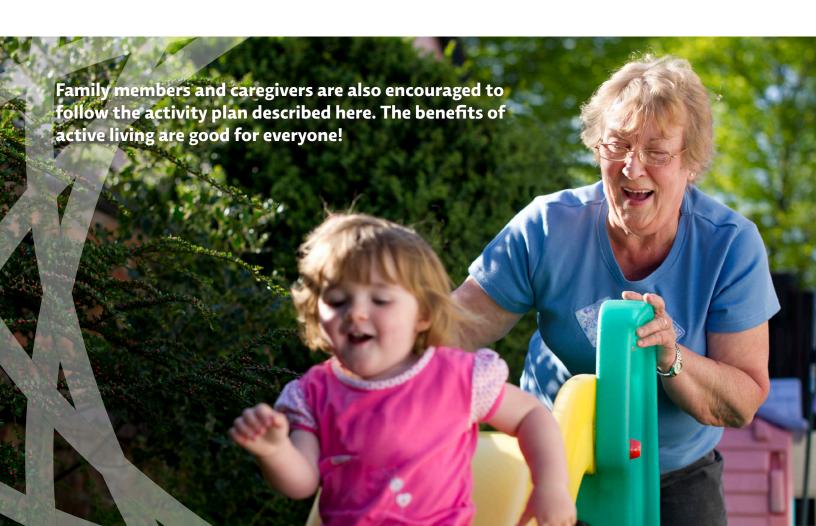
Why be Active? The Benefits of Physical Activity

Regular physical activity is associated with:

- a reduced risk of developing Alzheimer's disease,
- maintaining independence and the ability to carry out the tasks of daily living when you have Alzheimer's disease,
- maintaining quality of life when you have Alzheimer's disease.

Routine physical activity also helps you:

- relax, have fun, have more energy
- deal with stress and reduce your risk for depression
- · improve your heart, lung and bone health
- have better posture and balance, reduce your risk of falling
- · maintain a healthy weight.



Getting Started

If you are already active the goal is to continue. However, you should discuss your plans to become more active with a health professional if:

- ☐ You have a medical condition such as heart disease or diabetes
- ☐ You tend to 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. Begin with what is comfortable for you. Then add a few minutes or additional activities when you feel ready.



enjoy an active life with family and friends

What Kinds of Physical Activity Should I Do?

The Ontario Brain Institute recommends that you aim to meet the Physical Activity Guidelines for Older Adults from the Canadian Society for Exercise Physiology http://bit.ly/lacBylm

Move more every day. For example:

- get up and move about every 2 hours.
 Try deep breathing and lifting your arms over your head
- use the stairs
- enjoy active hobbies (e.g., bird watching, fishing, gardening)
- move to music
- engage in light housework (e.g., doing dishes or laundry)
- play with your grandchildren
- take an after dinner walk with your partner
- go shopping at the mall and carry your parcels.

Enjoy aerobic activity.

Aim for 150 minutes (2.5 hours) per week in bouts of 10 minutes or more of moderate activities which make you breathe harder and sweat a little. Aerobic activities are continuous, whole body activities such as:

- · brisk walking, pole walking
- snowshoeing
- hiking
- cycling on a stationary bike
- swimming
- cross-country skiing
- skating
- rowing, paddling and kayaking.

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Strengthen your muscles and bones.

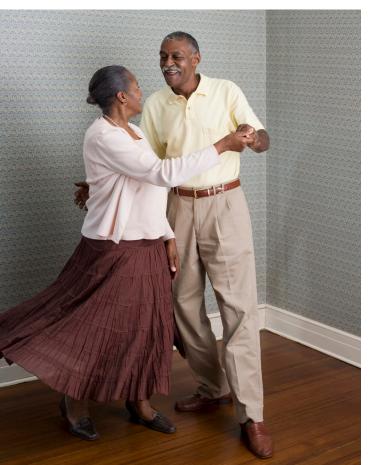
Aim to do activities 2 days a week and work your large muscle groups (arms, legs, back, abdomen). Feel your muscles working but no pain. Exercises can be done sitting or standing. Examples include:

- exercises, using resistance (e.g., elastic bands, weights, machines or your own body weight)
- exercise classes
- heavy yard work and gardening (e.g., digging, raking leaves, hauling soil, lifting rocks or debris)
- · aqua fitness classes
- · curling and bowling/lawn bowling
- heavier house work (e.g., sweeping, vacuuming, scrubbing).



get outside, get some fresh air

there are many ways to get active, find your passion



Enhance your balance.

Breathe deeply, stretch and bend every day. Stretch slowly, feel your muscles and joints working but no pain. Examples include:

- tai chi
- yoga
- golf
- dancing
- stretching and relaxation exercises
 (e.g., breathe deeply as you raise both arms over your head and then slowly lower them)
- balance exercises (e.g., standing on one foot).

Stay Safe

If you have difficulty balancing, use a chair, hold on to a counter or be within reach of a grab bar.

Take extra care as a pedestrian. Wear an ID bracelet if you are walking alone.

Always wear a life jacket in boats and have a friend when in and around the water. Swim at pools with a qualified lifeguard on duty.

If you start to have trouble walking and moving around, continue to do safe activities such as light housework, stationary bike cycling, chair yoga and sitting exercises. Use a cane or other mobility aid if you need to. Join a program with a qualified instructor or ask a health professional to help you modify your activities.

For more information about Alzheimer's disease and other dementias, visit alzheimerontario.ca or call 211 to contact the Society near you.



Alzheimer Foundation

Where memories are lost... We'll be found.

Société Alzheimer Society







Stay Motivated

Be active with others (including pets). It means more fun, social interaction, social support and friendship. You are more likely to get moving if you make a commitment to do it with someone else.

Use the action planner to make a routine.

More may be better. Challenge yourself. You may be surprised at what you can do.

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

