

# Benefits of Physical Activity



Factsheet for People Living with Dementia and Care Partners

In this factsheet, you will learn about:



Benefits to Physical Health and Well-Being



Benefits to Mood and Thinking Abilities



Personal and Social Benefits

## Key ideas:

- Physical Activity has a wide range of benefits for people living with mild cognitive impairment or dementia, as well as their friends and family.
- Though we often think about the physical benefits of physical activity, people who take up physical activity can also improve their mood, confidence, and social well-being.

## Benefits to physical well-being.

People living with dementia or mild cognitive impairment can gain many of the same benefits we hear about for all adults:

- Better strength, endurance, and balance
- Lower risk of falls
- Improved ability to do the activities that are required for daily life
- Better heart, lung, and bone health

People with mild cognitive impairment or dementia are also better able to function independently over time if they exercise regularly.

The benefits of physical activity aren't just physical! Let's explore some of the mental and social benefits of physical activity.

# Exercise benefits for mood, thinking abilities, and social connections

## Physical activity can help boost your mood and clear your thinking.

- People's mood improves even after exercising just once.
- Physical activity decreases risk of depression.
- Physical activity may also improve thinking abilities.

## Physical activity can help you build social connections.

- The social interaction and encouragement from physical activity is sometimes the most important.
- You can connect with others in a positive, meaningful setting.
- You can be encouraged and inspired by your peers and the exercise leaders.

## Physical activity can have personally meaningful benefits.

- You may see improvements in activities that are meaningful to you. This could include an activity or hobby you love or playing with your grandchildren.
- Physical activity can help you feel more confident in everyday life!

### My notes, reflections, and goals:

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### How can I get started?

- Reflect on your “why” for engaging in healthy, active living.
- Write down 3 goals that you would like to achieve by participating in exercise.

### Where can I find more information?

- To learn more about the benefits of physical activity for people living with dementia, visit [www.dementiaexercise.com](http://www.dementiaexercise.com)