

Building Physical Activity into Daily Life



Factsheet for People Living with Dementia and Care Partners

In this factsheet, you will learn about:



Finding Activities
You Enjoy



“Snacking” on
Physical Activity



Choosing Active
Ways to Get Around

Key ideas:

- Choosing physical activity that you like and making it a routine.
- Physical activity is any kind of movement that requires moving the body – not just exercise!
- Choose to walk instead of driving when you can.
- Break up sitting time with activity “snacks”.

Find an activity you like so being active is fun!

- Physical activity doesn't have to be done at the gym. Any kind of movement that requires a bit of effort counts.
- Keep trying different activities until you find one you like.
- Some examples you might enjoy:
 - Going for a walk with your partner or a friend
 - Playing with your grandchildren
 - Doing yard work – gardening, raking, shovelling snow
 - Getting out in nature – hiking, biking, skiing, or paddling

How can you build physical activity into your daily routine?
Let's talk strategy!

Strategies for building physical activity into daily life: physical activity “snacks” and active transportation

Break up sitting time with physical activity “snacks”

- Sitting still for too long negatively impacts your health.
- Try to break up sitting time with activity “snacks” – short bits of physical activity. For example:
 - ✓ Stand up from your chair and perform a couple chair-to-stands or squats
 - ✓ Walk around your house during commercial breaks
 - ✓ Stand and do a few stretches

Choose to walk instead of drive.

- If you need to get somewhere, choose to walk or bike when you can.
- Get started with small steps like parking further away from the entrance to the grocery store or taking the stairs instead of the elevator.

My notes, reflections, and goals:



How can I get started?

- Think about the physical activities you enjoy. How can you plan to do them more often?
- Are there chances to walk more and drive less?

Where can I find more information?

- Resource for active transport? – <https://tinyurl.com/p27zwbxa>
- Video resource for exercise “snacks”? – <https://tinyurl.com/5xxaedjw>