

Easy at Home Exercise



Factsheet for People Living with Dementia and Care Partners

In this factsheet, you will learn about:



Benefits of
At-Home Exercise



Setting up
for Safety



Using What
You've Got

Key ideas:

- You can have an effective exercise program at home.
- Set up a safe space at home for exercise.
- Get creative and use what's available.

Benefits of exercising at-home

Life is unpredictable. Sometimes it's too difficult to get to a fitness program or facility. You may just prefer to exercise at home. Either way, there are benefits to exercising in or around your home:

- It's convenient!
- You can fit your exercise around your schedule.
- It is budget friendly.
- You can have privacy and choose who you exercise with.

Set yourself up for safe and effective exercise.

Create a safe space to exercise

Find a space in your home where you:

- Have enough room to move freely. Can you swing your arms and take large steps without hitting anything?
- Have something sturdy to hold onto such as furniture or a wall.
- Have adequate lighting and a comfortable temperature.

Using what you have at home

You don't need fancy gym equipment to get active. Use what you have at home.

For example:

- Get stronger by using your body weight or everyday objects such as cans or shopping bags. Sit-to-stands from a chair or push ups against a table are great!
- Use exercise videos for aerobic exercise or go up and down your stairs.

To get started:

- Choose a good space to exercise.
- Schedule days and times.
- Choose exercises that you enjoy and that you are confident in.
- Recruit someone to exercise with you.



Notes, reflections, and goals:

