

Getting Started with Exercise



Factsheet for People Living with Dementia and Care Partners

In this factsheet, you will learn about:



Preparing for Your
First Exercise Session



What to Expect
When You Start



How to Recover
Quickly

Key ideas:

- Wear comfortable clothing
- Eat food and hydrate before and after
- Keep a positive attitude
- Make time to rest and recover after exercise



Before you start your exercise:

Dress for success!

Exercise clothing does not need to be high priced. Choose clothing that allows you to move freely and is lightweight, and breathable.

Give your body the right fuel and hydration to move.

Before exercising, give your body the food it needs to get through your workout. Drinking water and eating a light meal or snack an hour or two before exercise is a great way to maintain the energy you need during exercise. Have water on hand to stay hydrated throughout exercise as well.

Now you're ready to get moving! Let's talk about how to feel good during and after exercise.

Make time to rest and recover to keep feeling good after exercise, but keep the momentum going!

Here are some tips to help you feel good getting started with exercise:

Warming up before exercise.

Warming up gets your muscles and heart ready to exercise. Start with a 5-to-10-minute warm up. Movements like walking, dancing, shoulder rolls or arm swings can help get your body or muscles ready.

Recovering after exercise.

Cool-down allows your heart rate to gradually slow down to resting rate after exercise. This reduces your likelihood of feeling dizzy or sore after exercise. Cool down exercises should focus on bringing your heart rate back down and stretching the muscles you worked to reduce injury.

Moving the day after.

If you are sore, you may be inclined to sit and rest more the next day. However, doing light movement such as walking and stretching will help you recover faster!

My notes, reflections, and goals:



How can I get started?

- Plan for exercise: what clothing, food, and water do you need? What activity can you do the day after your first exercise session to keep your body moving?
- Give yourself a pat on the back! Getting started can be the hardest part, but here you are, doing it!

Where can I find more information?

- Here's a resource of light exercises you can do to loosen your muscles after exercising – <https://tinyurl.com/5n6tpnyt>