

Mind-Body Exercise



Factsheet for People Living with Dementia and Care Partners

In this factsheet, you will learn about:



What is “Mind-Body” exercise?



Benefits of Mind-Body Exercise



Taking up Mind-Body exercise

Key ideas:

- Mind-body exercise uses physical movement to bring awareness to one’s body and mind.
- Mind-body exercise can improve balance, coordination, and emotional health – and maybe thinking abilities.

What is mind-body exercise?

- Controlled, low-intensity movements that bring awareness to how your body feels and what you are thinking
- Types of Mind-Body exercise include:
 - Tai Chi
 - Qigong
 - Yoga
 - Dancing

There are specific benefits to Mind-Body Exercise for people with and without dementia. Let’s explore!

The benefits of mind-body exercise

Mind-body exercise can make you feel better in many ways:

- Makes you stronger and more flexible so that it is easier to do the activities in your daily life.
- Tai chi improves your balance and reduces falls risk.
- Tai chi and dance can enhance your thinking abilities. The benefits are less pronounced for yoga.
- Yoga may reduce stress among family members.

Taking up mind-body exercise

- Learning the movements can be challenging. Start with short movement patterns.
- Copying the instructor or others in your class can make it easier.
- You do not have to be perfect to get benefits!



Notes, reflections, and goals:



How to get started:

- Find a class near you. If you are comfortable, let the instructor know if you need extra help. They may be able to make sure you have a spot near them.
- There are plenty of DELIGHT exercise video tutorials to follow along with:
- <https://tinyurl.com/4r6p28yw>
- <https://tinyurl.com/y66xx8r3>