

# Physical Activity Recommendations



Factsheet for People Living with Dementia and Care Partners

In this factsheet, you will learn about:



Aerobic  
Exercises



Strength  
Exercises



Balance  
Exercises

## Key ideas:

- Do ‘aerobic’ activity that makes you breath harder and sweat a little most days of the week. Aim for 2.5 hours total over the week.
- Do exercises to make your muscles stronger twice per week.
- Challenge your balance every day.
- Move often and don’t sit for too long at once.

## Aerobic Exercise – Breathe harder and sweat a little.

- Do activity that gets your heart beating faster. You should still be able to talk, but not sing.
- Examples of ‘aerobic exercise’ include brisk walking, stationary biking, swimming, and snow shoeing.
- Try to do some type of aerobic exercise most days. Aim for doing a total of 2.5 hours of aerobic exercise each week.
- Even lower amounts can still improve your health and function!

Do aerobic activities most days of the week. Let’s talk about the other types of exercise you should do.

# How to improve your strength and balance

## Strength Training – Feel your muscles working

- Do exercises that makes your muscles work against resistance.
- Examples of muscle strengthening exercises include:
  - Standing from a chair repeatedly
  - Doing push ups (on the ground or against a table or wall)
  - Lifting weights at home or the gym
  - Doing an exercise class focused on making you stronger

## Balance Exercises – Challenge your balance safely

- Do activities that safely challenge your balance.
- Examples of balance training exercises include standing on one foot, walking heel-to-toe, doing tai chi, or rising to stand on your toes.
- Hold on to something for support if needed!

## Everyday Movement – Get moving to get the blood flowing

- Don't sit for too long! Get up regularly for light movement.
- Move to music, be active with your family, or do household chores.

**My notes, reflections, and goals:**

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## How can I get started?

- Start small, then work your way up! Even if you're not meeting recommended physical activity levels yet, every minute of activity counts.

## Where can I find more information?

- For more information on how to overcome physical activity challenges in dementia, see the Ontario Brain Institute's "Physical Activity and Alzheimer's Disease Toolkit" – <https://tinyurl.com/56xww5pa>