

Physical Activity Recommendations

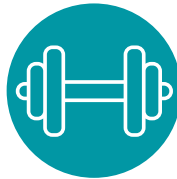


Factsheet for People Living with Dementia and Care Partners

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:



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>