Being active is important for your Dementia

What good things could being more active do for you?

- Promoting brain health and reducing risk of Dementia and Cognitive Disease
- Prevent frailty, falls and improve mobility
- Reduce stress, reduce anxiety and improve mood
- Improve socialisation, reduce loneliness and improve global well-being

Reduce your risk by being more active. All adults keeping physically active reduces your chance of:

- **Type II Diabetes** - 40%
- **Cardiovascular disease** - 35%
- **Falls** - 30%
- **Dementia** - 30%
- **Joint and back pain** - 25%
- **Cancer (colon and breast)** - 20%

How can being active reduce falls?

- Reduce falls
- Resistance training
- Improves balance
- Increases stability
- Strengthens muscles
Follow these Top Tips to keep you active:

1. If new to exercise start gently and build up gradually over 3-6 months
2. Adequate warm up and cool down of 5-10 minutes helps to minimise pain
3. Some discomfort during and immediately after activity does not mean damage. It is normal for anyone to experience some muscle soreness after doing a new exercise, particularly if not previously active. Over time, as your body adapts and strengthens, this will reduce.
4. Pace yourself and listen to your body – if after an activity you feel you’ve done too much, make a note, to do slightly less next time until you gradually build up
5. Progress by increasing frequency first then duration followed by intensity
6. Doing something you enjoy is more important than the exact exercise you choose.
7. Regular stretching can help maintain a good range of movement in your joints
8. Try to exercise at the time of day you are most comfortable
9. Avoid strenuous exercise during acute flares or periods of inflammation. When joints are swollen gentle range of movement exercises will help maintain movement until your flare up is over and you can return to being more active

Build activity into everyday life:

- Singing
- Walking clubs
- Yoga/pilates/tai chi
- Exercise class
- Playing with grandchildren
- At play
- Walking
- Singing
- Gardening
- At home
- Stair-based exercise
- Stand during advert break
- Home-based exercise equipment
- Cycling
- At travelling
- Get off the bus a stop early
- Walking if possible
- Take an active lunch break
- Walking meeting
- At work
- Standing to talk on telephone
- Walking up stairs
- Stand from sitting