

## What is Dementia?

Dementia refers to a cognitive disorder affecting memory, judgment, and decision-making. Affecting almost 45% of elderly men and women over the age of 85<sup>1</sup>, dementia can leave patients and families under emotional and physical strain.



## How YOU Can Stay Active

Research shows that for elderly men and women, exercise is a protective factor against cognitive decline<sup>2</sup>. Even walking as much as three or four times a week can show improved or stable mental activity<sup>3</sup>.

Try performing the following exercises four to five times a week after 15 minutes of warm up activities (walking, marching while seated, etc.). This program can help maintain an active lifestyle and reduce your risk of dementia and other illnesses.

## Easy Exercises\* for Elderly Adults

Starting out, begin with one set of five (5) repetitions for the following leg and arm exercises. This can gradually be increased to three sets of 10 repetitions for each exercise. Velcro strap-on weights and light dumbbells can be added - ask your doctor if this is safe for you.

**All exercises are to be done seated.**

### Hands Behind Head and Buttocks



Arms at sides, bring hands together behind the head. Repeat motion behind the buttocks.

### Arm Bends



Bend elbows and bring hands to chest in a hammer motion.

### Front Arm Pulls



In a rowing motion, bring outstretched arms into chest.

### Back Arm Pulls



Bring hands together behind chair at waist level.

### Straight Arms in Front



Raise arms straight from shoulders and bring hands together without bending elbows.



### Straight Leg Raise



Raise straightened legs off floor.

### Legs Apart and Back Together



Open legs to the sides and bring them back together.

### Marching While Seated



Raise feet up and down as if walking in place.



Do you know about...

## Knowledge Translation?

Knowledge Translation (KT), put simply, is the effective adaptation of research findings into treatments, services, and products. It is one of the Canadian Dementia Knowledge Translation Network's (CDKTN) core values.



CDKTN is taking research about a variety of topics relating to dementia and aging and putting it into action. We work with those who could best use this information, such as dementia care workers, their institutions, and policy makers in government and private industry.

## Contact

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Capital Health

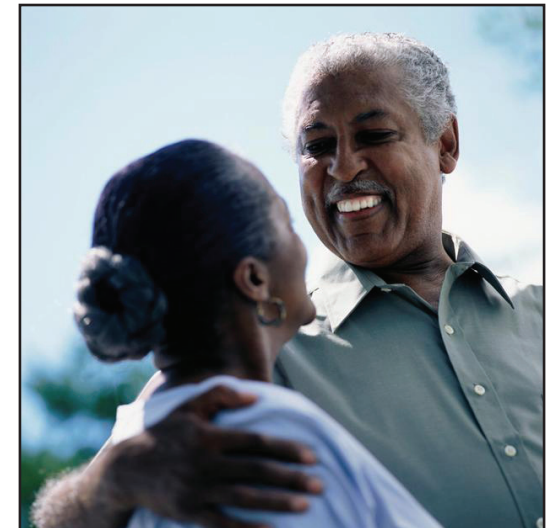
**\*Disclaimer**

The information contained herein is not a substitute for professional medical advice. Always consult a qualified medical physician before attempting any new form of exercise. CDKTN does not bear responsibility for personal injury. Please consult a physician with any questions or concerns you have regarding these exercises, as well as confirmation that these exercises are safe for you.

## References

1. Bird, T.D. (2010). Alzheimer's Disease Overview. In Pagon, R.A., Bird, T.C., Dolan, C.R., & Stephens, K. (Eds.), *GeneReviews*. Seattle: University of Washington
2. Laurin, D., Verreault, R., Lindsay, J., MacPherson, K., & Rockwood, K. (2001). Physical Activity and Risk of Cognitive Impairment and Dementia in Elderly Persons. *Arch Neurol*, 58(3), 498-504.
3. Middleton, L.E., Mitnitski, A., Fallah, N., Kirkland, S.A., & Rockwood, K. (2008). Changes in Cognition and Mortality in Relation to Exercise in Late Life: A Population Based Study. *PLoS ONE*, 3(9).

## Staying Active in Later Life



## Tips for Healthy Living