

# 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

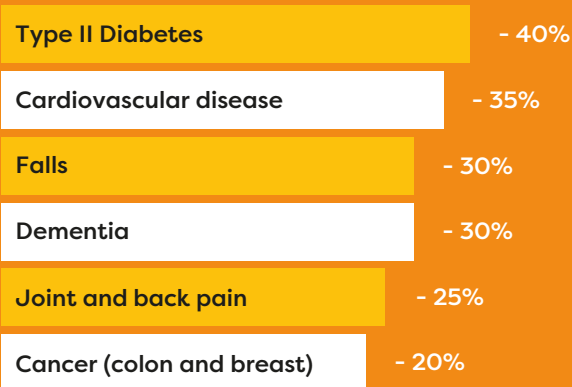


Reduce stress, reduce anxiety and improve mood



Improve socialisation, reduce loneliness improve global well-being

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



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:

