



BE ACTIVE EVERY DAY

to Improve Your Life

Exercise has many physical and cognitive benefits. Physical activity can improve sleep, mood and balance, as well as reduce the risk of heart disease, stroke and type 2 diabetes. Exercise also may reduce the risk of developing dementia.

Here are some ways to get moving, adapted from The National Institute on Aging and The Alzheimer's Society.

Remember to drink plenty of water before and after you exercise and stop any activity if you feel pain. If you are unsure about any exercise or activity, check with your doctor!



Walking:

Walking is great for all fitness levels, and you can vary the length and speed of your walk to make the activity more or less strenuous. There are great walking trails in Indianapolis, or you can walk around your own neighborhood. Be sure to keep at least six feet apart from others!



Dancing: Dancing is another way to get active and have fun! Play your favorite upbeat song and start moving! Music may also reduce agitation for people with Alzheimer's. You can dance sitting or standing, alone or with someone else. You also do not actually have to be "good" at dancing; the important thing is to get moving and have fun!

Gardening: Gardening is a great way to stay active around your home. Try activities such as planting herbs or vegetables, weeding, raking leaves, or mowing the grass. A kitchen window garden also can be an option in cooler months.

At-Home Sports: Get active and have fun by creating your own sports inside your house. Ideas include tossing a beach ball, hitting a balloon, or using plastic bottles or cans for bowling.



Create-Your-Own Weights: Strength training does not have to involve joining a gym or buying fancy workout equipment. You can create your own weights using soup cans or water bottles. Make sure you are using proper form to avoid injury!

Chair Exercises: If you are looking for a gentle, low-impact way to exercise, try seated exercises. Examples include marching, arm circles, and heel raises.

