

# 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

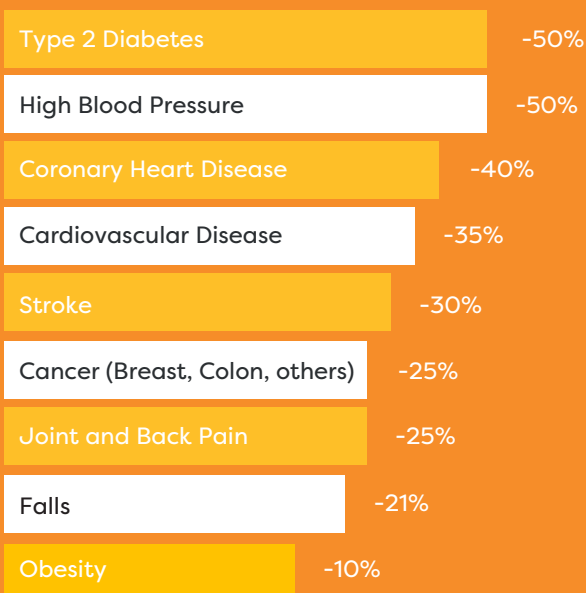


Reduce stress, reduce anxiety and improve mood



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

Consider starting with lower impact activities to reduce risks of injury – start slowly and build up gradually over 3-6 months.

2

Tell your friends and family how you are trying to be more physically active. Encourage them to participate and share the activity with you. You might find this helps you to feel safer, for example if you are walking/exercising outside.

3

Map out safe walking routes in the local community and have an emergency plan to prevent getting lost.

4

Schedule walks for a time of day you feel most active. Schedule in a consistent time each day and maintain a regular routine.

5

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 activity. Over time, as your body adapts, this will reduce.

6

Be active everyday, do a little even when you're tired.

7

Choose activities you enjoy.

## Build activity into everyday life:

