

# EXERCISING

AND

# ALZHEIMER'S



*Alzheimer's disease affects approximately 4 million Americans. Although recent research suggests that staying active throughout one's life may help reduce the risk of developing Alzheimer's, scant research has been done on the effects of exercise on those already coping with this disease. Even so, staying physically active remains one of the best ways to maintain your ability to perform activities of daily living and improve your overall quality of life. The key is to determine what type of exercise is best for you and to follow a program that accommodates your individual needs and concerns.*

## Getting Started

- Talk with your health care provider about integrating regular exercise into your treatment plan.
- Take all medications as recommended by your physician.
- The goals of your program should be to improve mobility, your ability to perform activities of daily living, and your overall fitness.
- Choose activities that you enjoy and will do regularly, such as walking and light calisthenics. Group classes also provide a social element to your workouts.
- Make exercise an expected part of your daily and weekly routines. For example, take a 10-minute walk after every meal, or attend a suitable fitness class twice per week.

## Exercise Cautions

- Enlist the help of others to remind you to attend scheduled sessions and exercise consistently. Do not hesitate to ask for demonstrations or further explanations if you forget how to perform exercises properly.
- If you have osteoporosis, you may be more prone to bone fractures. Avoid exercises that overload your joints or increase your risk of falling. Begin each exercise in a stable position and monitor your response before proceeding.

Your exercise program should be designed to maximize the benefits with the fewest risks of aggravating your health or physical condition. Consider contacting a certified health and fitness professional\* who can work with you and your health care provider to establish realistic goals and design a safe and effective program that addresses your specific needs.

### IN THE SERIES:

- > Cardiovascular Diseases
- > Pulmonary Diseases
- > Metabolic Diseases
- > Immunological/ Hematological Disorders
- > Orthopedic Diseases and Disabilities
- > Neuromuscular Disorders

\*If your health care provider has not cleared you for independent physical activity and would like you to be monitored in a hospital setting or a medical fitness facility, you should exercise only under the supervision of a certified professional. The American College of Sports Medicine (ACSM) has two groups of certified fitness professionals that could meet your needs. The ACSM Certified Clinical Exercise Specialist (CES) is certified to support those with heart disease, diabetes and lung disease. The ACSM Registered Clinical Exercise Physiologist (RCEP) is qualified to support patients with a wide range of health challenges. You may locate all ACSM-certified fitness professionals by using the ProFinder at [www.acsm.org](http://www.acsm.org).

For more information, visit [www.exerciseismedicine.org](http://www.exerciseismedicine.org) or e-mail [eim@acsm.org](mailto:eim@acsm.org).



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