



DEMENTIA & EXERCISE

What is Dementia?

"Dementia causes a progressive decline in mental functioning. It can impact the way a person communicates, remembers, makes judgements and navigates social situations".





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What are the early warning signs?

The early signs of dementia are very subtle and vague and may not be immediately obvious. Usually though, people first seem to notice that a person is developing memory loss, particularly in remembering recent events. Other common symptoms include:

- Confusion
- Personality change
- Loss of ability to do everyday tasks

Benefits of Exercising

- Improves mood and sleep
- Increases focus
- Helps long-term memory
- Helps overcoming depression
- Reduces stress and anxiety
- Sharpens the short-term memory

Exercise Recommendations

Australia's 'Exercise Right' recommends 30 minutes of activity per day, for at least 5 days/week.

This can include both aerobic and resistance activities.



A person with Dementia gains the same kind of physical benefits from regular exercise as anyone else, including improved cardiovascular fitness, strength and endurance.