



Aerobic and Strength Building Exercises to prevent Alzheimer's Disease



Research has shown that people who exercise regularly may be 20% less likely to develop dementia than those who don't. Studies show that going from being inactive to doing some amount of exercise has the biggest impact. Sustaining physical activity throughout midlife also seems to have the best effect on reducing dementia risk.

Physical exercise does not just mean playing a sport or running. It can also mean a daily activity such as brisk walking, cleaning or gardening. One study found that daily physical tasks such as cooking and washing up can reduce the risk of Alzheimer's disease.



Aerobic and Strength Building Exercises to prevent Alzheimer's Disease

Strength-building activities work your major muscles (legs, back, stomach, shoulders, arms). This helps you to do everyday tasks. Ideally, you should do strength-building activities on at least two or more days each week.

- **Heavy gardening (such as digging and shovelling)**
- **Lifting weights or similar objects in the home**
- **Working with resistance bands**
- **Exercises that use your body weight, such as push-ups and sit-ups**
- **Dancing**
- **Yoga, Tai Chi or Pilates**

Aerobic activity helps to keep your heart, lungs and blood circulation healthy – and this is good for brain health too. It is also a good idea to spend less time sitting or lying down and more time moving.

- **Brisk walking**
- **Gentle swimming**
- **Water aerobics**
- **Hiking**
- **Dancing**
- **Cycling gently or on flat ground**
- **Pushing a lawnmower**
- **Painting and decorating**

Source:

Alzheimer's Society. "Physical Activity and Risk of Dementia" *Physical Exercises to Reduce Dementia Risk* (2024)