

# Your Health Matters

## PHYSICAL ACTIVITY AND OLDER ADULTS: RECOMMENDATIONS & ADDITIONAL INFORMATION

Physical activity has many benefits for those over the age of 65. Have you noticed changes in your attention or memory? Have you or a loved one been diagnosed with dementia or Alzheimer's disease?

By being physically active you can:

- ✓ Improve memory and attention
- ✓ Increase independence and performance of daily living activities (toileting, dressing, etc.)
- ✓ Reduce the chances of developing dementia and Alzheimer's disease
- ✓ Slow the progression of dementia and Alzheimer's disease
- ✓ Help manage responsive behaviours
- ✓ Reduce depression
- ✓ Reduce caregiver burden

### WHAT IS PHYSICAL ACTIVITY?

Physical activity is any task that you can do to help maintain your health and improve your brain activity. Physical activity can include low-intensity activities (vacuuming, laundry, setting the table, etc.) or moderate-intensity activities (brisk walking, light home repairs, etc.) depending on your health and fitness levels.

### HOW MUCH PHYSICAL ACTIVITY?

Healthy older adults (age 65+) should aim to achieve 150 minutes of moderate-intensity physical activity per week. Physical activity should be performed in sessions of 10 minutes or more.

Remember to only participate in activities your doctor or therapist has indicated. Follow their instructions and use proper equipment, as recommended.

### ADDITIONAL RESOURCES, GUIDELINES AND ACTIVITY IDEAS

World Health Organization: [http://www.who.int/dietphysicalactivity/factsheet\\_olderadults/en/](http://www.who.int/dietphysicalactivity/factsheet_olderadults/en/)

Canadian Physical Activity Guidelines for Older Adults:  
[http://www.csep.ca/cMFiles/Guidelines/CSEP\\_PAGuidelines\\_older-adults\\_en.pdf](http://www.csep.ca/cMFiles/Guidelines/CSEP_PAGuidelines_older-adults_en.pdf)

Alzheimer's Society Canada: <http://www.alzheimer.ca/>

ParticipACTION: <https://www.participaction.com/en-ca/>