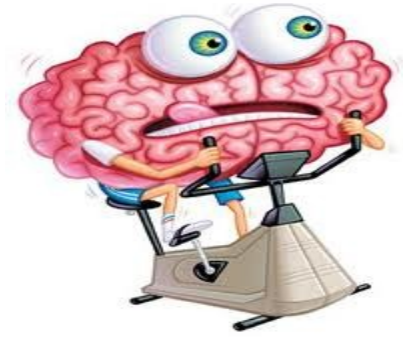


FOREVER ACTIVE

PERSONALIZED FITNESS AND WELLNESS FOR MEN 50+

Exercise and Dementia



For our aging population the fear of developing dementia is becoming ever more prevalent. In 2009 over 1/2 a million Canadians had Alzheimer's or a related dementia, 71,000 of these were under the age of 65. It is projected that within a generation these numbers could double.

Interestingly, there have been a number of recent studies suggesting that exercise can help people who are in the early stages of dementia slow down its progression. Researchers at University of British Columbia found that seniors in the earliest stages of dementia performed better on mental tests after just 6 months of 2x/week resis-

tance weight training. Teresa Liu-Ambrose, the study's principal investigator, stated that what is key is that the resistance training improved two processes that are highly sensitive to the effects of ageing and neurodegeneration: (1) executive function such as planning, organizing, self motivation and prioritizing and (2) memory.

In another study at the University of Waterloo, researchers measured the energy expenditure and cognitive functioning of a large group of elderly adults over a 2 to 5 year period. For most of those in the study, physical activity generally consisted of walking around the block, cooking, gardening,

cleaning. Interestingly, the study showed the effects of this modest activity on brain function were remarkable. The wholly sedentary group scored significantly worse over the years on cognitive function while the more active group showed little decline. About 90 % of those with the greatest daily energy expenditure could think and remember just as well, year after year.

The "take away" from both of these studies suggest that "vigorous" exercise is not necessary to slow the dementia process down. The dynamics of ageing and dementia can be changed significantly by just becoming more engaged in daily activity.

DID YOU KNOW

The Difference between Dementia and Alzheimer's Disease

Dementia

Dementia is a catch all term that describes a number of symptoms that include loss of memory, judgment and reasoning, and changes in mood and behaviour. Sometimes dementia like symptoms can be caused by conditions that may be treatable such as depression, thyroid disease, infections or drug interactions. If the symptoms are not treated and progress over time, they may cause damage to the nerve cells in the brain. Alzheimer's disease and Vascular dementia (caused by brain damage from cerebrovascular or cardiovascular problems such as strokes) are the two most common types of dementia.

Alzheimer's Disease

This is a progressive, degenerative disease and the most common cause of dementia in people over age 65. The brain cells shrink or disappear and are replaced by dense, irregular-shaped spots or plaques. Another indicator of the disease is thread-like tangles within existing brain cells. These tangles eventually choke healthy brain cells. As Alzheimer's disease affects different areas of the brain, certain cognitive functions are lost which results in specific symptoms (ie- loss of memory) or change in behaviours such as increased agitation. It is important to note that although the disease results in changes, it does not affect the person's ability to appreciate, respond to and experience feelings such as joy, anger, fear, love or sadness. Presently, it is not possible to restore function to brain cells damaged by Alzheimer's disease.



TOGETHER FOR CARE...
IN ADDITION TO CURE

To get moving for brain health, current research suggests these steps:

- Develop a regular physical exercise program.
- Aim for at least 30 minutes of moderate physical activity at least five days per week.
- Do aerobic exercises, like walking briskly, jogging, swimming, bicycling and tennis, which improve oxygen intake.
- Do resistance weight training to maintain bone density and muscle mass.



Basic Resistance Exercises that can be Done Safely at Home to delay the onset of Dementia

As noted on page one, weight resistance exercises can be very beneficial in slowing the onset and progression of dementia. It is advisable, before starting a home exercise program, to consult your medical doctor to ensure that there are no pre-existing conditions that would make resistance type exercises contra indicated to perform. Once this is done it is important to follow basic exercise guidelines while you are exercising. These guidelines include;

1. Always warm-up for 5-10 minutes before you start your resistance training.

2. While exercising, if you feel pain or discomfort stop immediately. If the pain does not subside shortly after stop you should consult your doctor to determine if an injury has occurred. Always err on the side of caution when trying to de-

cide if you should stop exercising and seek consultation.

3. Increase the number of repetitions and amount of weight slowly and only when you can do the exercise without fatigue. Remember the resistance exercises don't have to be that strenuous to be effective.

4. Breathe normally while performing an exercise. NEVER hold your breath.

5. Do each exercise slowly and under control. Never do fast jerky movements.

Basis Resistance Exercise Routine:

Resistance—body weight or Elastic resistance bands.

Reps— 10

Sets— 2

Rest—30 to 60 sec between

each set & exercise.

Exercises:

Chest:

1. Chest press against a wall.

- Stand arm's length from wall with feet shoulder width apart.
- Bend elbows and move towards wall until elbows are 90°.
- Straighten elbows again but don't lock the elbows.

Shoulders:

1. Over head press (Sitting)

- Sit on a chair with your back straight and feet shoulder width apart and flat on the floor.
- Elastic band under you feet, hands holding the bands slightly in front of the body at the level of the shoulders.
- Lift hands towards ceiling until elbows are 95% straight & then return to starting position.

Arms:

1. Bicep (Standing)

- Stand straight with elastic band under your feet. Arms and hands straight down.
- Bend arms completely and then return to starting position

2. Triceps (Standing)

- Wrap elastic band around a post to anchor at shoulder height.
- Stand with your back to the anchor with elbows bent at shoulder height.
- Straighten the elbows 95% & then return to starting position

Legs:

1. Squat (standing)

- Stand straight beside a chair with one hand on the back of the chair for balance.
- Bend the knees 30 to 60° as if sitting down and then return to starting position.

2. Heel Raise

- Stand like a squat but raise on your toes & then return.

"Small Steps Leads to Big Differences"

May Special

50% off your first 6 Exercise Sessions
(\$225.00 savings)

A great way to step into spring

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