



Active Living

Section Summary

- Physical activity can have a positive impact on mood and psychological wellbeing, including a positive impact on brain function.
- Exercise has been suggested to slow the progression of dementia.
- Older adults who are physically inactive have a 40% greater risk of developing dementia.
- Exercise programs ranging from chair yoga to aerobic activities and strength training have all been shown to have cognitive benefits.
- The benefits of physical activity for those with dementia may be even greater when combined with cognitive training.

Activities

Activity One: Let's Get Moving

- Use one of the sequences provided [here](#) to lead the group through a few simple exercises that can be done right from their chair.
- If you have experience running exercise activities, feel free to introduce other easy, active movements.

Activity Two: What keeps you active?

- As a group use a virtual or IRL white board to brainstorm a list of fun and easy ways to get active.
- Activities can be intentional exercise (ie. Chair yoga) or activities that just happen to be active (ie. gardening).

Discussion Questions

- What is your personal definition of “active living”?
- What are some key facilitators and obstacles for maintaining active living?
- Would you describe the exercise you engage in as being mostly “intentionally” or “unintentionally” active?