Defy Dementia is generously supported by the Public Health Agency of Canada’s Dementia Strategic Fund. The views expressed here do not necessarily represent the views of the Public Health Agency of Canada. Defy Dementia thanks the Baycrest Academy for Research and Education, Baycrest Foundation, Baycrest Seniors Care, the Centre for Aging + Brain Health Innovation (CABHI), and CABHI Leap community members for their support.

Let’s get physical: Pumping up brain health

Why exercise?

Exercise builds brain health
- Boosts blood flow
- Creates new brain cells
- Strengthens your memory

Exercise benefits body and brain

Decreases:
- Blood pressure
- Stress and anxiety

Increases:
- Mood and sleep
- Focus/creativity

Exercise is one of the most important things you can do to decrease your dementia risk

Everyone can find a way to exercise

Choose a form of exercise or physical activity that brings you joy and purpose. You're more likely to exercise if it's fun and meaningful.

Exercising early in life decreases your dementia risk, but it's never too late to start!

Exercise can be modified to suit various physical abilities (for example, hand grip exercises have brain boosting benefits for those with mobility issues)

How can you take action?

Any physical activity is better than none
- Build exercise into your daily activities and hobbies, like walking when you can

Challenge yourself
- Remember that your body gets used to repeated movements over time, so change up your activities

Get a full body workout
- Work different body parts on different days so your whole body benefits over time

Make exercise a part of your routine and stay consistent
- To build consistency, schedule it in your calendar, or join a workout class or group

Take movement breaks
- If you're sitting for long periods of time, stand up every 30 minutes for a 2-minute movement break

Exercise with others in person or online
- Encourage and inspire each other

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