

# Exercise Benefits for People with Alzheimer's Disease

## Interesting Article Excerpts

### Strength Training Key in Preventing Alzheimer's

"It's well-known that exercising to maintain a healthy heart also helps create a healthy mind. But several new studies suggest that when it comes to preventing dementia, not all forms of exercise are created equal.

Studies presented at this year's Alzheimer's Association International Conference found that resistance training was particularly beneficial for improving the cognitive abilities of older adults.

One study divided a group of 86 women, all between the ages of 70 and 80, into three different exercise groups: Weight lifting, walking, or balance and tone exercises. Each group did the exercises twice a week for 6 months.

Everyone appeared to benefit from the exercise.

"We actually imaged their brains, using functional MRIs – and these people showed better brain function," explained lead investigator, Dr. Teresa Liu Ambrose.

Participants were tested for cognitive executive functions such as attention, memory and planning. According to Ambrose, "the cognitive executive function and associated memory – those are the two traits most linked to dementia."

At the end of the trial, those in the weight lifting group were most improved."

Source: *The Chart, CNN.com, July 2012*

### Regular Exercise and Resistance Training Are Good for the Brain

"Ongoing physical activity has been linked to a longer life and all kinds of benefits for the body, including less heart disease, fewer falls and broken bones, greater lung function and a trimmer physique. Now, two new studies provide further evidence that regular exercise may be good for staying mentally sharp into old age. Resistance training, in which the body works against weight, may have particular benefits for the brain. The studies were published in the Archives of Internal Medicine, one of the medical journals from the American Medical Association." Source: *ALZinfo.org, 2010*

**Get Strong. Stay Strong.**  
**Regardless of your age or diagnosis!**  
#Getstrongstaystrong #dementiaexercise #alzheimerscare

## Mind Your Reps: Exercise, Especially Weight Lifting, Helps Keep the Brain Sharp

“Exercise isn’t just for the young and spry. It’s also key for maintaining strength, balance and mental well-being in older folks — and it’s never too late to start.

“Where previously we had seen positive associations between aerobic activity, particularly walking, and cognitive health, these latest studies show that resistance training is emerging as particularly valuable for older adults,” said Dr. William Thies, chief medical and scientific officer of the Alzheimer’s Association, in a statement.” *Source: Time, July 2012*

### Physical Exercise and Dementia

“Physical exercise should be continued for as long as possible for people with dementia, as it has been found to have a number of benefits. It can help prevent muscle weakness, mobility problems and other health complications associated with inactivity. It can help promote a normal day-night routine, improve mood and increase social participation.

Exercise also plays a part in reducing stress and depression, which are commonly experienced by people with dementia.” *Source: Alzheimer’s Australia, June 2008*

### Exercise calms agitation associated with dementia

“In a pilot study, agitation and functioning improved in a group of elderly nursing home residents suffering from severe dementia when they engaged in just 30 minutes of supervised exercise three times a week.

Edris Aman, a second-year medical student at Saint Louis University School of Medicine in Missouri, who conducted the study, told Reuters Health: “Lots of people just assume that people with this kind of (severe) dementia cannot follow exercise instructions, but they can. It just takes more patience...” *Source: Time, July 2012*



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