



## Did You Know?

## Physical Activity

Choosing a healthy lifestyle and managing other health conditions may reduce the risk of Alzheimer's disease.<sup>1</sup> The most preventable and treatable risk factors in the United States are:

1) Physical Inactivity



2) Depression



3) Smoking



4) Midlife Hypertension



5) Midlife Obesity



6) Cognitive Inactivity or Low Educational Attainment



7) Diabetes



## Did You Know?

"Regular exercise can prevent dementia, type 2 diabetes, some cancers, depression, heart disease and other common serious conditions – reducing the risk of each by at least 30%. This is better than many drugs."<sup>2</sup> It also reduces hypertension.



### Getting Started

**F.I.T.T.:** Start gently and build up on the Frequency (times per week), Intensity (how hard), Time (how long), and Type of exercise.

**POSTURE:** Use your "core" muscles: Stand tall with straight back and chest lifted. Pull in your lower tummy and pelvic floor muscles whenever you are standing or walking.

**STRETCH:** Gently before and after a vigorous activity. When stretching, avoid bouncing as this can cause small muscle tears. Reach for a position and hold it for 5-30 seconds.

### Tips and Suggestions

**TRY** brisk walking, dancing, walking the dog, stair climbing, or gardening. Avoid sitting!

**TRY** to fit it into your schedule: cycle to work; exercise DVD before your TV program; walk kids to school; walk to shops; family walk rather than a family meal, etc.

**KEEP MOTIVATED:** Consider exercising with a friend or using a phone exercise app.

**SAFETY:** Don't exercise when you feel hot or unwell and stop if you are in pain, feel dizzy, become tired, or feel unwell.



## References

1. Deborah E. Barnes and Kristine Yaffe. The Projected Impact of Risk Factor Reduction on Alzheimer's Disease Prevalence. *Lancet Neurol.* 2011 Sep; 10(9): 819–828.  
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3647614/>  
Sam Norton, Fiona E Matthews, Deborah E Barnes, Kristine Yaffe, Carol Brayne. Potential for primary prevention of Alzheimer's disease: an analysis of population-based data. *Lancet Neurol.* 2014; 13(8): 788-794.  
[http://www.thelancet.com/journals/laneur/article/PIIS1474-4422\(14\)70136-X/fulltext](http://www.thelancet.com/journals/laneur/article/PIIS1474-4422(14)70136-X/fulltext)  
Martin Prince, Emiliano Albanese, Maëlen Guerchet and Matthew Prina. *World Alzheimer Report 2014: Dementia and Risk Reduction.* Alzheimer's Disease International. 2014; 1-104.  
<http://www.alz.co.uk/research/world-report-2014>
2. Academy of Medical Royal Colleges. Exercise: The miracle cure and the role of the doctor in promoting it. 2015; 1-59.  
<http://www.aomrc.org.uk/general-news/exercise-the-miracle-cure.html>

## Resources

- Institute of Medicine (IOM). *Cognitive Aging: Progress in Understanding and Opportunities for Action.*  
<http://iom.nationalacademies.org/Reports/2015/Cognitive-Aging.aspx>  
[http://books.nap.edu/openbook.php?record\\_id=21693&page=R1](http://books.nap.edu/openbook.php?record_id=21693&page=R1)
- Alzheimer's Association. *Prevention and Risk of Alzheimer's and Dementia.*  
[http://www.alz.org/research/science/alzheimers\\_prevention\\_and\\_risk.asp](http://www.alz.org/research/science/alzheimers_prevention_and_risk.asp)
- Alzheimer's Association. *Brain Health.*  
[http://www.alz.org/we\\_can\\_help\\_brain\\_health\\_maintain\\_your\\_brain.asp](http://www.alz.org/we_can_help_brain_health_maintain_your_brain.asp)
- Anxiety and Depression Association of America  
<https://www.adaa.org/>
- American Lung Association  
<http://www.lung.org/>
- American Heart Association  
<http://www.heart.org/HEARTORG/>
- American Stroke Association  
<http://www.strokeassociation.org/STROKEORG/>
- American Diabetes Association  
<http://www.diabetes.org/>

## Programs and Services

### *California Department of Public Health*

- Chronic Disease Control Branch  
<http://www.cdph.ca.gov/programs/cdcb/Pages/default.aspx>
- California Alzheimer's Disease Program  
<http://www.cdph.ca.gov/programs/alzheimers/Pages/Default.aspx>
- California Arthritis Partnership Program  
<http://www.cdph.ca.gov/programs/CAPP/Pages/default.aspx>
- California Active Communities  
<http://www.caactivecommunities.org/>
- California Healthier Living  
<http://www.cahealthierliving.org/>
- California Heart Disease and Diabetes Prevention Unit  
<http://www.cdph.ca.gov/programs/cdcb/Pages/CaliforniaHeartDiseaseandDiabetesPreventionUnit.aspx>
- California Project LEAN (Leaders Encouraging Activity and Nutrition)  
<http://www.californiaprojectlean.org/default.asp>
- California Tobacco Control Program  
<http://www.cdph.ca.gov/programs/tobacco/Pages/default.aspx>
- California Smoker's Helpline  
<http://www.nobutts.org/>
- Nutrition Education and Obesity Prevention Branch  
<http://www.cdph.ca.gov/programs/NEOPB/Pages/default.aspx>
- Preventive Health Care for Adults  
<http://www.cdph.ca.gov/programs/Pages/PHCAHome.aspx>
- Well-Integrated Screening and Evaluation for Women Across the Nation (WISEWOMAN)  
<http://www.cdph.ca.gov/programs/WiseWoman/Pages/default.aspx>

### *California Department of Health Care Services*

- Welltopia  
<http://mywelltopia.com/>
- The Office of Clinical Preventive Medicine  
<http://www.dhcs.ca.gov/services/Pages/OCPM.aspx/>
- Program of All-Inclusive Care for the Elderly (PACE)  
<http://www.dhcs.ca.gov/services/ltc/Pages/ProgramofAll-InclusiveCarefortheElderly.aspx>
- Mental Health Services Division  
<http://www.dhcs.ca.gov/services/Pages/MentalHealthPrograms-Svcs.aspx>

### *California Department of Aging*

- Disease Prevention and Health Promotion  
<http://www.aging.ca.gov/Programs/DPHP/Default.asp>