Choosing a healthy lifestyle and managing other health conditions may reduce the risk of Alzheimer’s disease. 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.”

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.

Did You Know?

* You may want to talk to your doctor/health care team before starting an exercise regimen. High risk individuals (e.g. those with severe COPD or severe heart failure) should be referred to professional services. Individuals with recent injuries should try low impact exercises such as gentle walking, swimming, or cycling.
References


Resources


Anxiety and Depression Association of America https://www.adda.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/NEOB/Pages/default.aspx

Preventive Health Care for Adults http://www.cdph.ca.gov/programs/Pages/PHCAtHome.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/DPH/Default.asp