

e-Update

from the ALZHEIMER'S DISEASE EDUCATION & REFERRAL CENTER
a service of the NATIONAL INSTITUTE ON AGING at NIH



Taking care of yourself is one of the most important things you can do as a caregiver. Regular physical activity can help you increase your energy levels needed for caregiving activities, prevent chronic diseases, and reduce feelings of depression or stress.

Worried about finding the time to exercise? Make a plan to exercise with the person you care for because people with Alzheimer's disease can benefit from exercise, too. Caregivers can help encourage people with Alzheimer's to exercise with ideas from [Exercise and Physical Activity: Alzheimer's Caregiving Tips](#), including:

- Be realistic about how much activity can be done at a time.
- Try several 10-min "mini-workouts."
- Add music to the exercises if it helps the person with Alzheimer's disease. Dance to the music if possible.

You can read or download this publication as a PDF or e-book: [Exercise and Physical Activity: Alzheimer's Caregiving Tips](#)

Looking for more resources about Alzheimer's disease and cognitive health? Visit the ADEAR Center website at <http://www.nia.nih.gov/alzheimers> or call toll-free [1-800-438-4380](tel:1-800-438-4380). Also, for more information on exercise and older adults, visit [Go4Life](#), the National Institute on Aging's exercise and physical activity campaign for people 50+.

We need your help, too! Get the word out about [NIA's free resources](#) by linking to them on your website or sharing them through social media.



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