Home Workouts For Brain Health

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Disclosure

Specific products in this presentation are presented as examples and resources only.

They are not endorsements for specific products.
Science Behind Exercise and Cognitive Health

Study at University of British Columbia (ten Brinke, 2014)
- 6 months of aerobic activity increased hippocampal volume of older women with Mild Cognitive Impairment

Recent Meta-Analysis of exercise studies (Sanders et al., 2019)
- For people with cognitive impairment...
- Exercise had a moderate positive effect on global cognition
- Exercise programs with a short session duration and high frequency to predict higher effect sizes

Also indirect effects by reducing other risk factors for dementia
Combined Benefits of Exercise + Diet

Duke University (2019) – Randomized control study of older adults

A. Global executive functioning

B. Clinical dementia rating

Blumenthal et al. (2019)
Get That Heart Rate Up!

• What is “Moderate Exercise”?  
  • About 60-70% of max heart rate

• Try the “Talk Test”  
  • It should be somewhat difficult to hold a conversation

• 150 minutes per week  
  • Example A: 30 min, 5 times per week

*Always consult your doctor before starting any new exercise program.
Getting Started

“Rome wasn’t built in a day”

New habits stick if we ease into them, and if it’s something we enjoy

If you have never done formal exercise, try one day for a short period (<10 minutes) and build up over days and weeks

Give yourself time to recover, both during and after exercising

Drinks plenty of water

Listen to your body. If you feel any pain – STOP

Be kind to yourself!

*Always consult your doctor before starting any new exercise program
Make a Plan

• Write your exercise plan on your calendar
• Having a written plan helps to stay on track
• Can monitor your progress with a journal
• CDC has a guide for getting started with an exercise regimen
• American Heart Association also provides recommendations based on age and fitness level

### Find Your Starting Point

For a couple of weekdays and a weekend, write down how much time you are physically active (for example, walking, gardening, playing a sport, dancing, lifting weights). The goal is to find ways to increase your activity.

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>NUMBER OF MINUTES</th>
<th>WAYS TO INCREASE ACTIVITY</th>
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<tbody>
<tr>
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<tr>
<td><strong>WEEKDAY 1</strong></td>
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<tr>
<td><strong>TOTAL MINUTES</strong></td>
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<td><strong>WEEKDAY 2</strong></td>
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<td><strong>TOTAL MINUTES</strong></td>
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<td><strong>WEEKEND</strong></td>
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<td><strong>TOTAL MINUTES</strong></td>
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Go4Life is a registered trademark of the U.S. Department of Health and Human Services.
Exercise at Home and Nearby

- Brisk walks
- Cycling (indoor or outdoor)
- Aerobics
- Gardening
- Dancing
- Resistance training
  - weights, bands, household items
- Chair exercises
- Walking the dog

A British man ran a marathon in his 20-foot backyard during the coronavirus lockdown — and thousands tuned in.
Go4Life Program – NIH

Four pillars:
Endurance, Strength, Balance, and Flexibility

Basic exercise information

Exercise demonstrations – video and pictures

Fitness Planning and Tracking
Online Videos and Tutorials

YouTube channels
- SilverSneakers
  - Many free trial videos
  - Check eligibility for full access with some Medicare plans
- HASfit
  - Lots of beginner and low-impact workouts
- Zumba Gold – YMCA videos
- The Body Coach TV
  - Fun options for grandkids “PE classes” too!
- Jenny McClendon
  - Line dancing tutorials and home workouts
- ElderGym
Online Videos and Tutorials

YouTube Channels for Yoga
◦ “Slow and Gentle” Yoga
◦ Yoga to the People
◦ YogaWorks
◦ Chair Dance Yoga (Yoga JP)
Strength Training

Body weight exercises

Use weights, bands, or items around the house
Water bottles, soup cans

SilverSneakers offers tips and videos for getting started
https://www.silversneakers.com/blog/strength-training-for-seniors/

CDC has a guide for getting started with a strength training exercise regimen
http://growingstronger.nutrition.tufts.edu/
Apps for your Smartphone

My Fitness Pal
- Track activities and exercise
- Information on nutrition
- Connects with many wearable devices (e.g., FitBit, Apple Watch)

Map My Walk
- Track the length and intensity of your outdoor walk
- GPS to map your route
Yoga Apps for your SmartPhone

POCKET YOGA

DAILY YOGA

Apple Health  GoogleFit
Social and Active

- Dance with your loved one at home
- Connect with you friends or family on video for a dance party
  - “Dance Church” of Seattle
- Teach your grandchildren a dance (or they can teach you!)
- Videoconference for a group workout with friends or strangers

Seattle-based Dance Church Go is streaming twice a week, earning about 1,000 viewers (and donors) per class. (Alaa Mendili)

Dance like no one is watching (because they aren't).
Websites and Resources

MedLinePlus (US National Library of Medicine)
National Institute on Aging Go4Life Program
Harvard Health “Exercise After 70”
National Council on Aging, Physical Activity Programs
CDC & Tufts University Growing Stronger Program
Silver Sneakers website and YouTube channel
The American Heart Association
National Senior Games Association

COVID-19 Information: coronavirus.wa.gov
Virtual Community Wellness Talks

4/3 - Dementia Caregiving in the Midst of Covid-19: Health, Safety and Communication

4/8 - Staying Connected During Social and Physical Distancing

4/10 - Home Workouts for Brain Health: Staying Active with or without a Home Gym

4/15 - Helpful Strategies for Stress Management

4/17 - Info-Savvy: Staying Sane in the Era of Information Overload

4/22 - Mind over Matter: Cognitively-stimulating activities for everyone

4/25 - Doing Good from a Distance: Volunteering Opportunities from Home

4/29 - Enjoying the Arts from Home

5/1 - Virtual Nature for the Soul

http://depts.washington.edu/mbwc/events/community-events-programs