

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

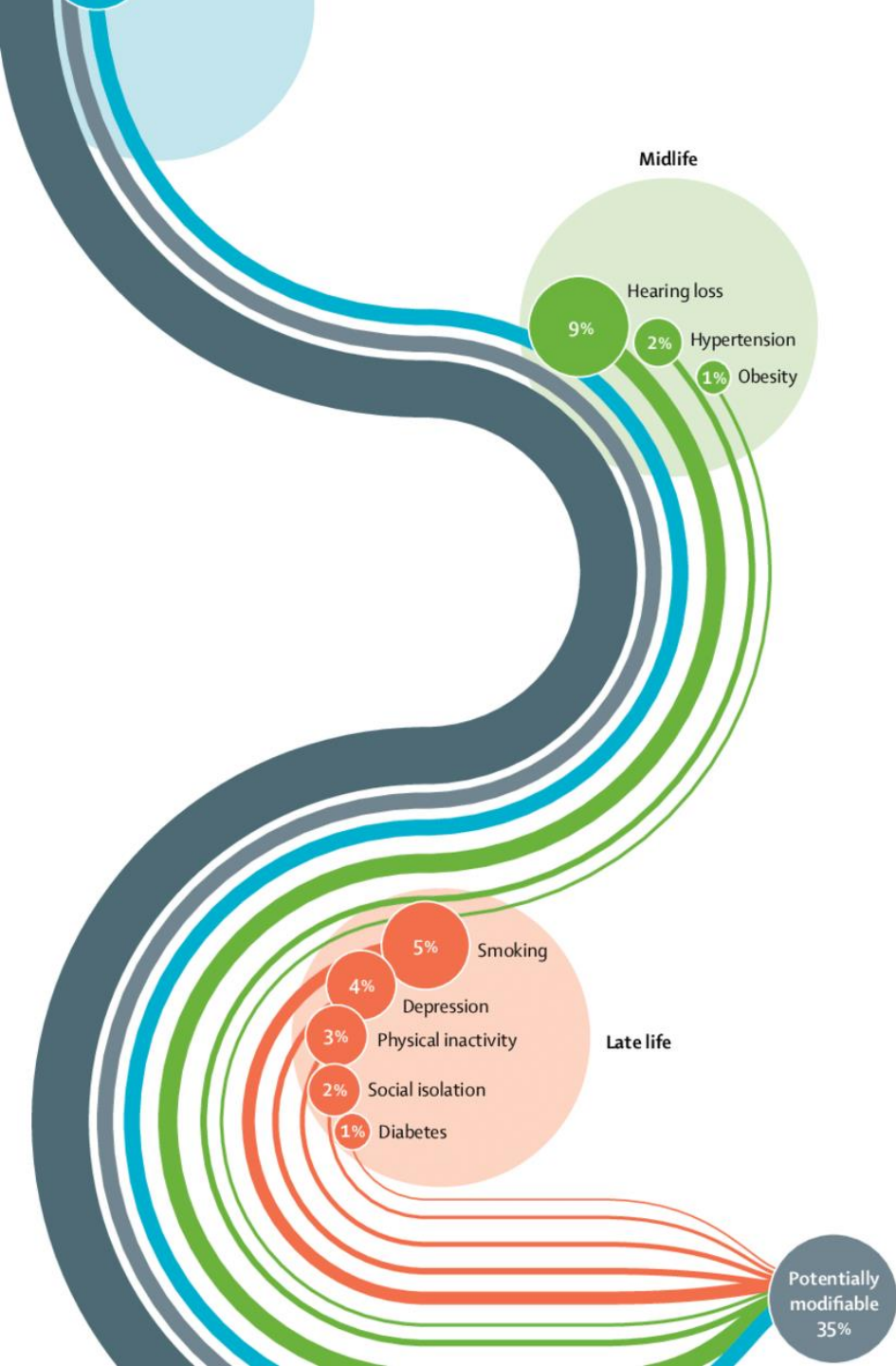
Study at University of British Columbia (ten Brinke, 2014)

- 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

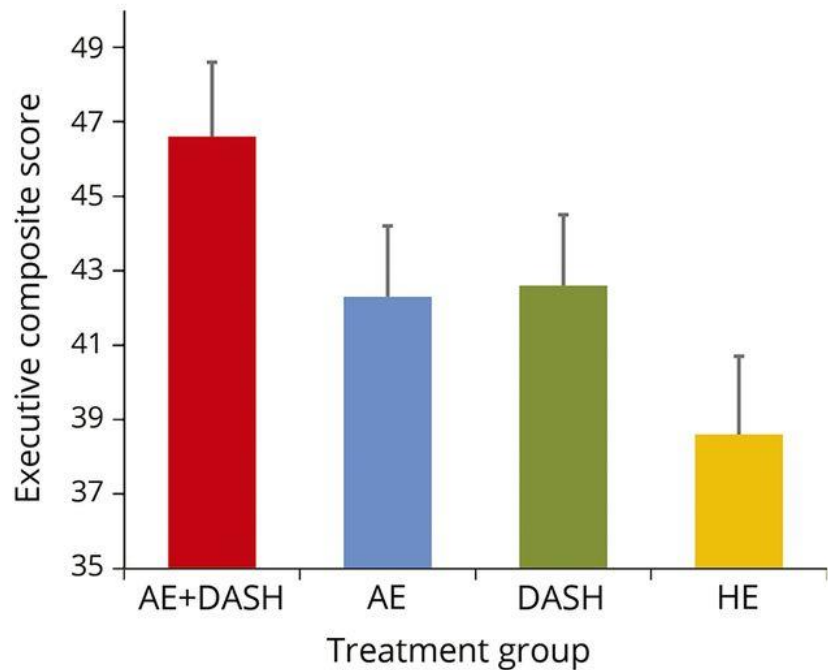
Also indirect effects by reducing other risk factors for dementia



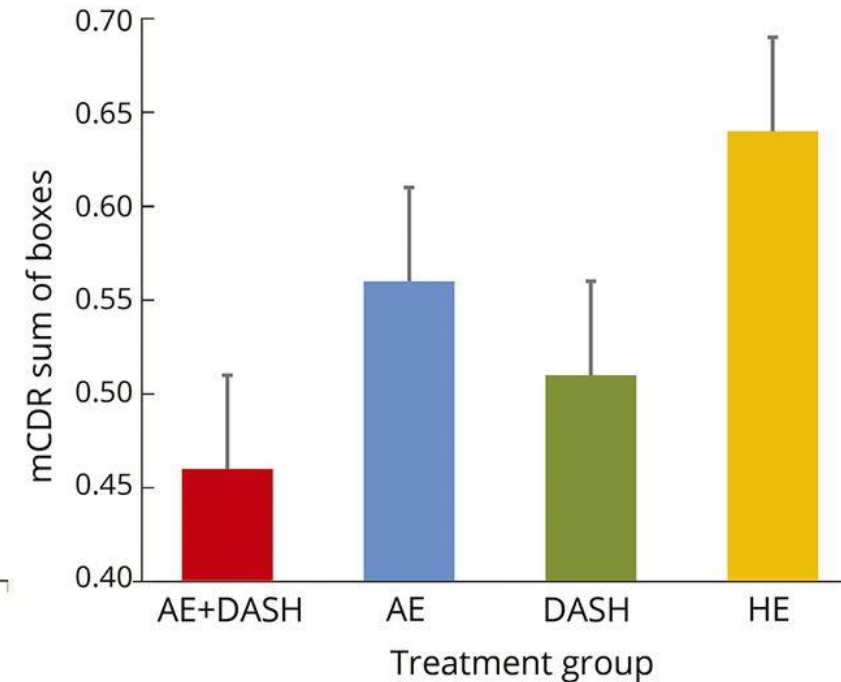
Combined Benefits of Exercise + Diet

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

A. Global executive functioning



B. Clinical dementia rating



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

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

How much activity do I need?

Moderate-intensity aerobic activity
Anything that gets your heart beating faster counts.

Muscle-strengthening activity
Do activities that make your muscles work harder than usual.

at least 150 minutes a week

AND

at least 2 days a week



Tight on time this week? Start with just 5 minutes. It all adds up!

Getting Started

*Always consult your doctor before starting any new exercise program



“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!

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

ACTIVITY LOG

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.

	ACTIVITY	NUMBER OF MINUTES	WAYS TO INCREASE ACTIVITY
WEEKDAY 1			

Total Minutes

	ACTIVITY	NUMBER OF MINUTES	WAYS TO INCREASE ACTIVITY
WEEKDAY 2			

Total Minutes

	ACTIVITY	NUMBER OF MINUTES	WAYS TO INCREASE ACTIVITY
WEEKEND			

Total Minutes



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

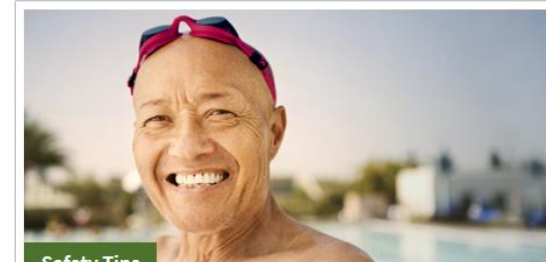
Exercise demonstrations – video and pictures

Fitness Planning and Tracking



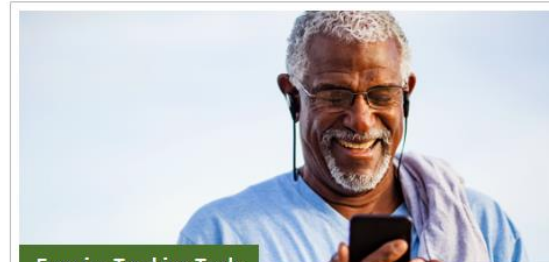
Health Benefits of Exercise

Learn how exercise supports physical and mental health.



Safety Tips

Get information on how to stay safe while being active.



Exercise Tracking Tools

Use these tools to make an exercise plan, track your activities, and chart your progress over time.



How to Stay Motivated

Keep up the good work! Find out how you can challenge yourself and meet your goals.



Find Activities You Enjoy

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



Virtual Classes
Zumba Gold

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/>

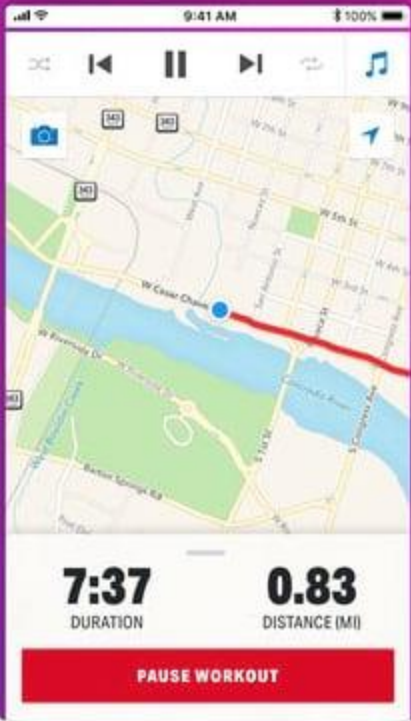
CDC has a guide for getting started with a strength training exercise regimen

<http://growingstronger.nutrition.tufts.edu/>



Apps for your SmartPhone

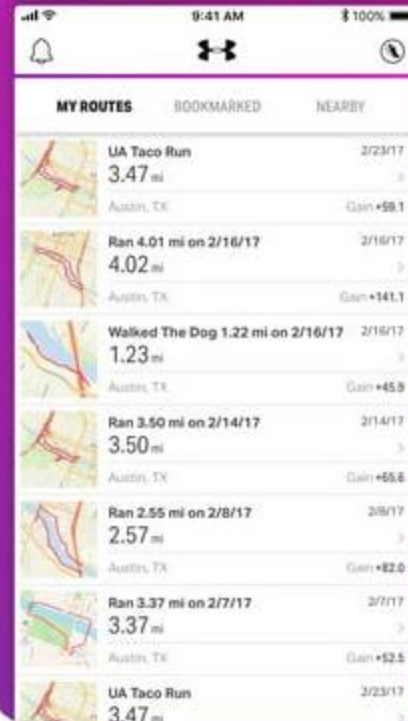
TRACK AND MAP
ALL YOUR WORKOUTS



GET BETTER WITH
DETAILED DATA



DISCOVER NEW
ROUTES



My Fitness Pal

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

Map My Walk

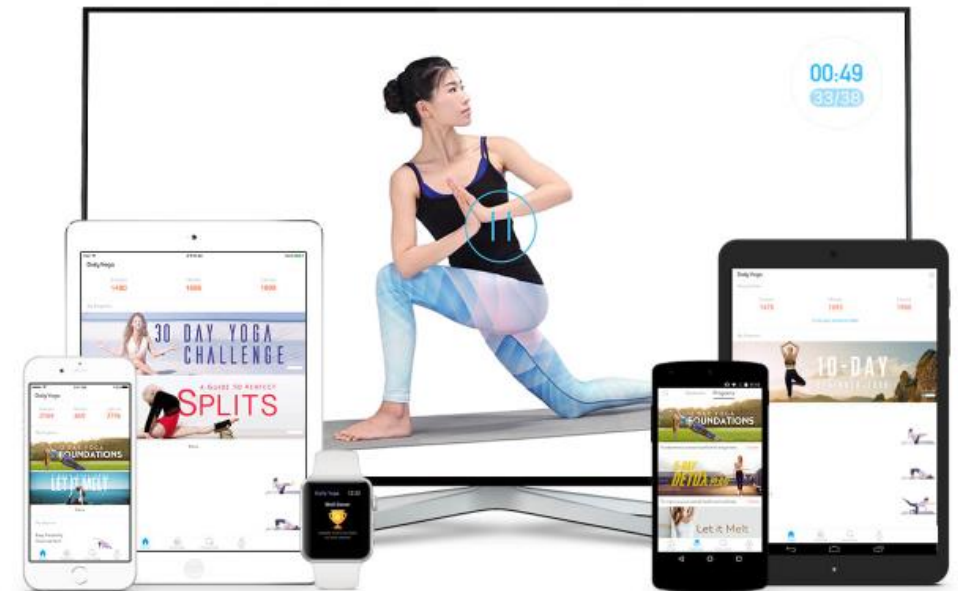
- Track the length and intensity of your outdoor walk
- GPS to map your route

Yoga Apps for your SmartPhone

POCKET YOGA



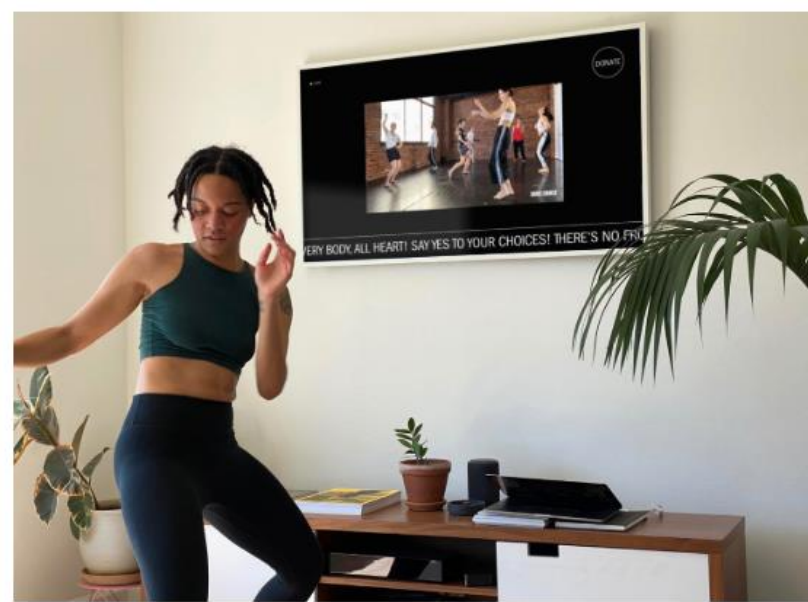
DAILY YOGA



📱 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



By MAURICE DUBOIS / CBS NEWS | June 19, 2019, 6:56 PM

**103-year-old runner Julia
"Hurricane" Hawkins
breaks new record**

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