

The Importance of Exercise and Dementia

Leading a physically active lifestyle can have a significant impact on the wellbeing of people with dementia. Exercise is beneficial for physical and mental health and can improve the quality of life for people in all stages of the condition.

Dementia Friendly Keighley runs a seated exercise class, which is specifically designed to stimulate both the body and the brain. The seated exercises are aimed at building or maintaining muscle strength and balance and are less strenuous than exercises in a standing position. There are many benefits to be gained from regular attendance including: -

1. Over time cardiovascular exercises improve cognitive function by increasing blood flow to the brain.
2. The focus on muscle movement, co-ordinated choreography and repetition count can also have a positive impact on cognitive function.
3. The strengthening exercises are particularly important in improving posture and motor function. They also improve balance by strengthening the muscles in the legs, hips, torso, and spine.
4. The human body is more relaxed after exercise; a person who expends energy on exercise may sleep better and be less likely to wander or be restless.
5. Physical exercise stimulates the production of hormones that influence memory retention and serotonin which can lift depression, a major problem in up to 30% of people living with dementia.
6. Using familiar music to accompany the exercises helps memory recall and facilitates the joy of singing.

If you need any help or guidance, want to find out about other activities and services, or just need someone to talk to who understands your situation, Dementia Friendly Keighley is here for you.

You can call us on **07452 773788** between **10am and 2pm daily**, text (**SMS**) or **WhatsApp 'CALL BACK'** on the same number or leave a message outside of these hours and we will call back as soon as possible. Please note: Times and days of our activities and services are subject to change, so please call for up to date information.

