Dr Helena Popovic

YOUR ANTI-ALZHEIMER'S EXERCISE PLAN

Always consult your doctor before embarking on any physical exercise program. Even if you haven't exercised for decades, it's never too late to start.

Type of exercise	Purpose	Intensity	Duration	Frequency	Goals
Aerobic or endurance training, e.g. walking, jogging, cycling, swimming, Zumba and all forms of dancing	To improve **stamina** and cardiovascular fitness.	Moderate intensity as defined by The Talk Test or HIIT	50 minutes or 30 minutes or 22 minutes	3 times per week or 5 times per week or 7 days per week	To have fun ‣ if you're over the age of 65, try to walk 360 metres in under 6 minutes. If you're younger, aim to be able to walk faster than this.
Resistance or weight training, e.g. Pump classes, circuit machines, free weights, pole dancing, yoga and using your own body weight	To improve **strength** + increase muscle and bone mass. This reduces frailty and risk of fractures and translates into increased independence as we age.	Slowly build up your strength with progressively heavier weights and greater resistance.	20 to 40 minutes	At least 2 times per week	To have fun ‣ be able to do 40 non-stop push-ups ‣ try to sit down and stand up from a chair or floor without using your hands. This requires strong knees and leg muscles as well as balance and co-ordination. Use this as a way of tracking your progress rather than predicting your longevity.
Stretching, toning, balance and core work, e.g. yoga, Pilates, tai chi, qi gong, dancing	To improve flexibility and stability. This translates into reduced risk of falls and injuries.	Never stretch to the point of pain or discomfort. Gently and slowly improve your flexibility over time.	Anything from 6 to 60 minutes. Find short routines online, join a class or incorporate this into your aerobic and resistance training	At least once per week	To have fun ‣ be able to stand on one leg with your eyes closed for at least 30 seconds.

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Avoid prolonged **sitting** time	To reduce inflammation, boost fat burning and improve all aspects of brain and body function.	Simply stand up.	2 minutes	Every 20 to 30 minutes	To feel restless after 30 minutes of sitting so that standing up every half hour becomes a natural habit.
Step it up — take as many steps as you can throughout the day	To remind you that even if you engage in regular physical exercise, it is counterproductive to be sedentary for the rest of the day.	Walk at your own pace but the faster the better.	However long you like	Daily	To have fun ‣ take at least 5000 steps per day with the aim of 7500 for added benefit ‣ don't stop at 7500 if you'd like to do more! This can count towards your weekly 150 minutes of aerobic exercise. Try to achieve moderate intensity as defined by The Talk Test.

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