

Important Facts and Research in under 60 seconds

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HOME HEALTHCARE

Movement for Mind & Memory: How Exercise Supports Brain Health in Dementia



Exercise can play a meaningful role in managing moderate dementia, helping both cognitively and physically in several ways:

1. **Improved Blood Flow and Oxygenation:** Increased oxygenation to the brain can help with cognitive clarity, slowing down the progression of cognitive decline, and maintaining healthy brain cell connections.
2. **Enhanced Neuroplasticity:** Stimulates the brain's ability to form new connections. This can help people with dementia retain some cognitive functions and adapt to lost abilities.
3. **Reduction in Stress and Anxiety:** Helps reduce stress, anxiety, and agitation, which are common in dementia. Exercise boosts levels of serotonin and dopamine, neurotransmitters that enhance mood and reduce depressive and agitation symptoms.
4. **Enhanced Balance and Motor Function:** Improves balance and coordination, which can help prevent falls—a common risk for people with dementia. It also promotes better physical functioning, which supports independence and can improve the quality of life.

*Consider working with a physical therapist to help determine appropriate exercises, dosing, frequencies, as well as considerations for safety.

Check out our weekly podcast hosted by Brian Harmon, PT, MBA and Jo Alch, RN with Joy Care Management.



A show on all things Senior Care with important topics and guests to help improve the health and quality of life of seniors.

Available on YouTube, Facebook and iTunes.

Contact us to inquire about our results and/or how our approach helps meet the needs of your patients and families.