

INFORMATION FOR EXERCISE PROFESSIONALS ON BRAIN HEALTH AND DEMENTIA RISK REDUCTION

For most people, developing dementia is one of their biggest fears. Many people, especially those with a family history of dementia, are interested in what they can do to prevent developing the illness themselves.

While there is no cure for dementia, research shows that healthy and active lifestyles are associated with better brain function and lower dementia risk.

Half of Australian adults remain unaware that they can reduce their dementia risk.

Exercise professionals can help clients take proactive steps to protect their brain health and lower their risk of developing dementia by:

- Educating them about brain health (and the risk factors for dementia)
- Helping clients achieve the physical activity recommendations
- Encourage them to see their doctor regarding health conditions, if necessary

Information for your clients

- 5 Simple Steps to Maximise your Brain Health resources
Download from yourbrainmatters.org.au/exercise-professionals
- Brain Health Checklist
Download from yourbrainmatters.org.au/exercise-professionals
- Visit the Your Brain Matters website
yourbrainmatters.org.au
- Use BrainyApp to find out how brain healthy your lifestyle is, and take healthy actions to improve your brain health score
Download from brainyapp.com.au

Learn more and do more for better brain health

- Have your client complete the Brain Health Checklist. Refer to a health professional where necessary.
- Start a conversation with your client about better brain health.
- Share the Your Brain Matters campaign messages with your clients and colleagues.

For practical strategies and resources visit
yourbrainmatters.org.au/exercise-professionals

YOURBRAINMATTERS.ORG.AU

EDUCATE CLIENTS ABOUT BRAIN HEALTH AND THE 5 SIMPLE STEPS



There are small steps that you can take in your everyday life that will make a real difference to your brain health – and the health of your heart and body.

The 5 Simple Steps to Maximise Your Brain Health looks at a few simple changes you can make to the foods you eat and the activities you do to keep your brain healthy and lower your risk of dementia.

STEP 1 LOOK AFTER YOUR HEART

STEP 2 DO SOME KIND OF PHYSICAL ACTIVITY

STEP 3 MENTALLY CHALLENGE YOUR BRAIN

STEP 4 FOLLOW A HEALTHY DIET

STEP 5 ENJOY SOCIAL ACTIVITY

As an exercise professional, you can assist clients with Step 1 and Step 2.

STEP 1 LOOK AFTER YOUR HEART

If during pre-exercise screening or assessment the client identifies as having high blood pressure, high cholesterol, high blood sugar and/or being overweight, encourage them to

- Have regular health checks and follow the advice of their health professional.
- Seek help to quit smoking.

STEP 2 DO SOME KIND OF PHYSICAL ACTIVITY

Encourage clients to reach Australia's Physical Activity And Sedentary Behaviour Guidelines (adults aged 18-64 years).

PHYSICAL ACTIVITY

- Doing any physical activity is better than doing none. If you currently do no physical activity, start by doing some, and gradually build up to the recommended amount.
- Be active on most, preferably all, days every week.
- Accumulate 150 to 300 minutes (2 ½ to 5 hours) of moderate intensity physical activity or 75 to 150 minutes (1 ¼ to 2 ½ hours) of vigorous intensity physical activity, or an equivalent combination of both moderate and vigorous activities, each week.
- Do muscle strengthening activities on at least 2 days each week.

SEDENTARY BEHAVIOUR

- Minimise the amount of time spent in prolonged sitting.
- Break up long periods of sitting as often as possible.

Alzheimer's Australia's Your Brain Matters program is supported by funding from the Australian Government under the Chronic Disease Prevention and Service Improvement Fund

**TAKE ON ALZHEIMER'S
CHALLENGE AUSTRALIA**



Fitness Australia is working in partnership with Alzheimer's Australia to promote the benefits of physical activity for brain health