



# ALZHEIMER'S DISEASE & EXERCISE

Alzheimer's disease is a neurodegenerative disease in which brain cells are destroyed causing a loss of cognitive, memory and physical function.



ALZHEIMER'S DISEASE  
IS THE LEADING CAUSE  
OF DEMENTIA

## HOW CAN EXERCISE HELP?

People who are physically active have a lower risk of developing Alzheimer's Disease than those who are inactive. The risk factors suggest that exercise can help to prevent or delay Alzheimer's disease.

Exercise can also be used as a 'medicine' by:

- Slowing the progression in people with mild to moderate cognitive impairment to improve physical and mental function.
- Slowing or reversing muscle wasting; often associated with advanced disease.
- Improving mood and depression in patients with existing disease.
- Lessening behavioural problems in people with advanced disease.

## KEY BENEFITS OF EXERCISE

Starting and maintaining an exercise program is associated with reduced levels of beta-amyloid – a protein that forms plaques on the brain and is currently thought to be the main cause of Alzheimer's disease. Exercise reverses all aspects of metabolic syndrome and increases testosterone levels, which can help to protect brain cells and preserve cognitive function. Other key benefits include:

- 01 IMPROVED ABILITY TO PERFORM DAILY TASKS
- 02 STIMULATES APPETITE & BONE / MUSCLE GROWTH
- 03 IMPROVED COGNITION & MEMORY

## IMPORTANT ELEMENTS OF EXERCISE FOR ALZHEIMER'S DISEASE:

- SOCIAL INTERACTION
- GROUP FITNESS CLASSES
- MENTALLY CHALLENGING EXERCISES
- CHANGING EXERCISE PROGRAM OVER TIME

“Regular physical exercise is probably the best means we have of preventing Alzheimer's disease today, better than medications, intellectual activity, supplements and diet.”  
- Dr. Ronald Petersen  
Director of the Alzheimer's Research Center”

## HOW CAN CLUB ACTIVE HELP?

Club Active gym provides an allied health clinic with accredited exercise physiologists, dietitians, and physiotherapists in a safe, non-intimidating environment. **We offer tailored exercise programs designed to improve your physical and mental health. Fifty 50 group fitness is also available across all club locations.** Speak with your GP today about eligibility criteria for Medicare rebates with a Chronic Disease Management plan. We also work with NDIS, DVA, Work Cover, and private health insurance.

