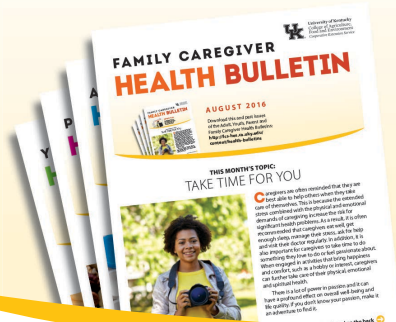


FAMILY CAREGIVER HEALTH BULLETIN



SEPTEMBER 2017

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<http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC:

PHYSICAL ACTIVITY FOR CAREGIVERS



Physical activity and exercise help keep blood flowing to the brain and encourages new brain cells. Young or old, all people should engage in physical activity for their overall health and well-being. And just because you are engaged in the demands of caregiving, it does not mean that you should ignore your body.

As a caregiver, exercise will help you:

- Increase energy levels, which will help you keep up with caregiving demands
- Maintain and/or improve overall physical fitness and strength, which can help with some of the physical demands of caregiving

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The CDC recommends that adults are physically active for at least 150 minutes a week.

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- Manage your health, including chronic diseases and stress
- Improve cognitive functioning, which will help you be more flexible, alert, able to plan and make decisions
- Reduce feelings of depression
- Improve overall mood, health and well-being

The CDC recommends that adults are physically active for at least 150 minutes a week. Children and adolescents should do 60 minutes or more of physical activity daily. Included in such activity should be aerobic activity such as walking, swimming or biking; muscle-strengthening such as weight lifting, using resistance bands, sit-ups, playing on the playground equipment bars; and bone-strengthening activity such as dancing, high-impact aerobics, running or tennis.

The good news is studies show that physical exercise does not have to be hard or time consuming. It is actually most helpful when done regularly and enjoyed. The CDC recommends episodes of exercise of at least 10 minutes at a time.

Tips to help stay physically fit:

- Enjoy physical activity and make time for it — even if it means scheduling it on your calendar
- Ask for help so that you can make time to exercise
- Exercise with a friend or family member for the added pressure to hold you accountable and emotional support

Find ways to be active with the person to whom you are providing care. Physical activity can

For more information on exercise and physical activity or for programs appropriate for senior adults, contact your local county Extension agent for Family and Consumer Sciences.



be something to do, something that is fun and something that is good for everyone's health. If your loved one has limited mobility or is even confined to a wheelchair, there are plenty of ways to get 10-minute bouts of physical activity that can include endurance, strength training, flexibility and balance.

For more information on exercise and physical activity or for programs appropriate for senior adults, contact your local county Extension agent for Family and Consumer Sciences.

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**FAMILY CAREGIVER
HEALTH BULLETIN**

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