



What is the Brain & Body Fitness Program?



“An evidence-informed group exercise program for people living with mild to moderate Alzheimer’s disease and other related dementias and their care partners”

Each participant will have an individual plan tailored to their specific needs and incorporated into a group exercise format. Exercises are developed through the program coordinator and consultation of the La Crosse County Dementia Care Specialist. Each participant must be approved for exercise by his or her doctor before starting the program. The Following is an outline of what to expect at each exercise group:

- 1. Informal Health/Safety Assessment with Pulse & Oxygen Check**
- 2. Warm up**
- 3. Flexibility/Stretches**
- 4. Strength Exercises**
- 5. Rest break with linguistic stimulation**
- 6. Aerobic activity with linguistic stimulation.**
- 7. Cool Down and Flexibility**
- 8. Social with Snack**

To participate in the Brain & Body Fitness group exercise program participants must be able to perform simple exercises, be able to follow verbal directions, participate in conversation and attend all or at least 80% of classes. As well as have written permission from their physician. Participants must also be La Crosse County Residents and live in their own homes or with family caregivers.

Brain & Body Fitness has been shown to improve physical fitness and mood in people living with dementia. The exercise program is safe, effective and a fun, social program taught by trained facilitator. This program is Free to La Crosse County Residents.

For more information, or to refer a participant to the program: Contact the Aging and Disability Resource Center of La Crosse County 1-608-785-5700 or 1-800-500-3910