



# Movement and Mobility

Raising awareness of the benefits in increasing your physical activity

Physical exercise improves strength, balance, mobility and endurance levels helping to prevent falls in adults with dementia or cognitive impairment. Physical exercise can lift our mood and make us happy.

Physical exercise experienced together can benefit the person with dementia and their carer by maintaining and where able improving their physical, cognitive, social and emotional functioning, relationships and quality of life.

**Plan to do at least three physical activity sessions a week, including the following components:**

## Chat

At least one session should be with other people, rather than on your own

**It should make you chat with each other**

## Be Strong

At least one session should include strength and balance exercises

**It should challenge your balance and increase your strength**

## Breathe Deeply

At least one session should be outside and involve steps, slopes or hills

**It should make you breathe deeply**

For more information: [ImprovementCymru.net/Dementia](https://ImprovementCymru.net/Dementia)



# Symud a Symudedd

Codi ymwybyddiaeth o fanteision gwneud mwy o weithgarwch corfforol

Mae ymarfer corff yn gwella lefelau cryfder, cydbwysedd, symudedd a dygnwch gan helpu i atal oedolion â dementia neu nam gwybyddol rhag cwmpo. Gall ymarfer corff godi ein hwyliau a'n gwneud ni'n hapus.

Gall gwneud ymarfer corff gyda rhywun arall fod o fudd i'r unigolyn â dementia a'i ofalwr trwy gynnal a gwella, lle bo'n bosibl, ei weithrediad corfforol, gwybyddol, cymdeithasol ac emosïynol, ei berthynas â phobl eraill ac ansawdd ei fywyd.

**Gwnewch gynllun i wneud o leiaf tair sesiwn o weithgarwch corfforol yr wythnos, gan gynnwys y pethau canlynol:**

## Sgwrsiwch

Dylech chi wneud o leiaf un sesiwn gyda phobl eraill, yn hytrach nag ar eich pen eich hun

**Dylai wneud i chi sgwrsio â'ch gilydd**

## Byddwch yn gryf

Dylai o leiaf un sesiwn gynnwys ymarferion cryfder a chynnal cydbwysedd

**Dylai herio'ch cydbwysedd a gwella eich cryfder**

## Anadlwch yn Ddwfn

Dylai o leiaf un sesiwn fod y tu allan a chynnwys grisiau, llethrau neu fryniau

**Dylai wneud i chi anadlu'n ddwfn**

Am fwy o wybodaeth: [improvementcymru.net/dementia-cy](http://improvementcymru.net/dementia-cy)