

MAS GEDÄCHTNIS PARCOURS

6 EXERCISE

KEEP ACTIVE

Spell the following words and while doing so, try to perform the movements described below:

BAD ISCHL

EUROTHERME

KULTURHAUPTSTADT

HEUTE IST EIN SCHÖNER TAG

KULTUR IST DAS NEUE SALZ



On each vowel (A, E, I, O, U), transfer your body weight from one foot to the other. While doing so, let your other leg swing back and forth 5 times.



On each R, stretch both your hands upwards.

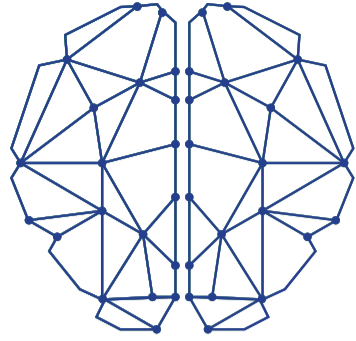


On each S, drum your fists against your chest.

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Exercise keeps your brain healthy

Exercise releases neurotransmitters, promotes the formation of new nerve cells, is stimulating, is relaxing, induces feelings of happiness, helps if one is overweight, reduces anxiety, stress, depression and aggression, preserves strength and mobility, decreases the risk of falling, promotes well-being

and thought and minimises the need for care. Exercise in old age can help us to lead a self-determined and independent life for as long as possible.

“So, let’s begin!”

As the saying goes: “A rolling stone gathers no moss.”