



**THE MOST IMPORTANT  
LETTERS IN WELLNESS  
ARE 'WE'.**



**LOCATION**

Program services are available in a variety of settings, including the individual's home and community settings.

**COST — 100% FREE**

There is no cost to participate in the Brain & Body Fitness program.



An exercise and cognitive stimulation program for people in the early to middle stages of Alzheimer's disease and other forms of dementia.


**FOR MORE INFORMATION**






Contact Joy Schmidt  
Schmidt.Joy@countyofdane.com


ADRC of Dane County  
Phone: 608-240-7400  
2865 North Sherman Avenue  
Madison, WI 53704



*The Brain Benefits of Exercise*



-  INCREASES PRODUCTION OF NEUROCHEMICALS THAT PROMOTE BRAIN CELL REPAIR
-  IMPROVES MEMORY
-  LENGTHENS ATTENTION SPAN
-  BOOSTS DECISION-MAKING SKILLS
-  PROMPTS GROWTH OF NEW NERVE CELLS AND BLOOD VESSELS
-  IMPROVES MULTI-TASKING AND PLANNING




# BRAIN AND BODY FITNESS PROGRAM

## WHAT IS BRAIN AND BODY FITNESS?

Brain and Body Fitness is a free, voluntary program for Dane County residents with mild to moderate cognitive impairment, Alzheimer's disease, or related dementias.

The Brain and Body Fitness program is modeled after an evidence-based program intended to help people with Alzheimer's disease have improved physical fitness and mood.

Brain and Body Fitness will match individuals with a volunteer from their community. Together, the participant and the volunteer will complete exercises, which focus on brain and body health.

Participants and volunteers have the opportunity to attend community events for social enjoyment.



## TO PARTICIPATE, YOU MUST:

- ⇒ Be a resident of Dane County
- ⇒ Live in your own home or the home of a family member
- ⇒ Be able to perform simple exercises
- ⇒ Be able to follow verbal directions and participate in conversation

## WHAT WILL I DO IF I ENROLL IN BRAIN AND BODY FITNESS?

- ⇒ An individualized exercise program will be developed for you in your home or other setting of your choice
- ⇒ A volunteer will be matched with you
- ⇒ You and the volunteer will determine the best time to meet

## THE BENEFITS

**PARTICIPANTS** benefit from the Brain and Body Fitness program because they may experience an improvement of physical fitness and mood.

**CAREGIVERS** may benefit from the Brain and Body Fitness program because it offers free time to rest and refresh, while the volunteer is exercising with the participant.

**VOLUNTEERS** benefit from the Brain and Body Fitness program because they are making a difference in the community.

