

REPEATABLE Weekly Fitness Program

Consult a healthcare professional before starting a new exercise routine, particularly with pre-existing conditions. Cardio and weight exercises offer distinct brain supports. Alternate between cardio, resistance, and rest weekly.

AGES 55-75

Stretching is extremely important before and after exercise.

Aim for 7-10k steps per day and 8.5 hours of good sleep.

Always do 10-15 minutes of cardio warm up first on strength training days.

DAY 1

CARDIOVASCULAR WORKOUT

- Gentle stretching
- 30 minutes of walking

*IMPROVES CARDIOVASCULAR HEALTH,
BURNS CALORIES, AND BOOSTS MOOD.*

DAY 2

STRENGTH TRAINING

- Stretch. 10-minute gentle cardio warm up
 - Bodyweight exercises: wall push-ups, chair squats, leg raises, calf-raises
- 2 sets of 8-15 reps each

*BUILDS MUSCLE, IMPROVES METABOLISM,
AND STRENGTHENS BONES.*

DAY 3

ACTIVE REST

- Light stretching and walking
- Gentle Yoga for flexibility and relaxation

*HELPS REDUCE MUSCLE SORENESS
AND STRESS.*

DAY 4

CARDIOVASCULAR WORKOUT

- 30 minutes of moderate cardio
- Walking, stationary cycling, or swimming

*PROVIDES LOW-IMPACT CARDIO WORKOUT, HELPING TO
IMPROVE HEALTH AND LUNG CAPACITY*

DAY 5

STRENGTH TRAINING

- Resistance bands, machines or light dumbbells: Bicep curls, seated rows, leg extensions
- 2-3 sets of 10-12 reps each

*BUILDS MUSCLE, INCREASES STRENGTH, AND
AIDS IN MAINTAINING FUNCTIONAL INDEPENDENCE.*

DAY 6: ACTIVE REST

- Stretch. Consider using a sauna or hot tub

DAY 7: FUN ACTIVITY

- Deep breathing exercises and meditation
- Gentle stretching

*REDUCES STRESS, PROMOTES WELL-BEING, AND
MAINTAINS FLEXIBILITY.*

Always stretch, warm up, and cool down. Prioritize hydration, sleep, and a balanced diet. Adjust exercise intensity based on your body's signals. Gradually progress duration and intensity for safety

Effective memory support requires a comprehensive approach. The CEIDER offers a state-of-the-art, empirically-based support program that includes this fitness plan, alongside lifestyle recommendations, and a memory health checklist to discuss with your physician.



fementia