
Learning Objectives

MedBridge

Diet and Exercise Considerations for Dementia Management

Jennifer Bottomley, PT, MS, PhD²

Course Objectives

- An understanding of the process of aging and how genetics, nutrition, exercise, activity and lifestyle impact health and wellness
- Understand nutritional basics and the influence of nutrition on disease/pathology
- An awareness of the role nutrition plays in the aging individual, exercise and wellness.
- Specific knowledge about: exercise and nutritional prescription

Chapter 1: Nutrition in Dementia

- An understanding of the process of aging and how genetics, nutrition, exercise, activity and lifestyle impact health and wellness
- Understand nutritional and exercise basics and their influence on disease/pathology in Alzheimer's Disease.
- An awareness of the role specific vitamins, minerals and micronutrients and overall prevention, progression and management in Alzheimer's disease
- Understand the similarities of nutritional and exercise in Alzheimer's compared with central and peripheral vascular diseases

Chapter 2: Exercise in Dementia

- An understanding of the process of aging and how genetics, nutrition, exercise, activity and lifestyle impact health and wellness
- Understand nutritional and exercise basics and their influence on disease/pathology in Alzheimer's Disease.
- An awareness of the role specific vitamins, minerals and micronutrients and overall prevention, progression and management in Alzheimer's disease
- Understand the similarities of nutritional and exercise in Alzheimer's compared with central and peripheral vascular diseases