

Department of
Geriatric Medicine

Mild Cognitive Impairment (MCI): Activities



MILD COGNITIVE IMPAIRMENT (MCI): ACTIVITIES

Make small changes and incorporate these activities in your daily routine to maintain your mental, physical, and emotional well-being.

Physical Activity

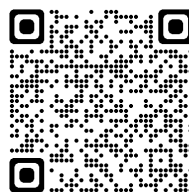
Healthy 365 App

- Sign up for the Healthy 365 app
- Choose and participate in a range of *free** Active Ageing exercises activities such as Resistance band exercises, Tai Chi, Qi Gong, Line Dancing, Low impact aerobics.
- Healthy365 is a free health and wellness tracking app brought to you by the Health Promotion Board (HPB). Stand to win rewards simply by tracking your activities and setting goals towards a healthier lifestyle.

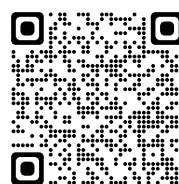


Home Exercises

- HealthHub: 7 Easy Exercises to an Active Lifestyle



- HealthHub: 7 Sit-Down Exercises



MILD COGNITIVE IMPAIRMENT (MCI): ACTIVITIES

Cognitive Exercises



- Dedicate 15-30 mins a day to reading.
- Visit the library to browse and borrow interesting books and magazines.
- Download the NLB app for free online access to eBooks.



- Challenge yourself with brain-teaser, strategy or adventure games on your computer or mobile devices.
- Try puzzles such as Crosswords, Word search or Sudoku.

Mindfulness exercise is a type of relaxation and meditation technique that helps you achieve a relaxed state of mind to enhance focus and manage stress.

Try these steps for seated meditation:

1. Sit comfortably on a chair.
2. Place your hands on your lap, with your feet flat on the floor.
3. Breathe in and out through your nose. Focus on your breath moving in and out of your body.
4. If your mind starts to wander, gently return your focus to your breathing.
5. Continue to take slow deep breaths until you feel relaxed and at peace.

(Reference: Mayo Clinic – Mindfulness exercises

<https://www.mayoclinic.org/healthy-lifestyle/consumer-health/in-depth/mindfulness-exercises/art-20046356>)



Consider hand-eye coordination exercises and dual-tasking activities to challenge your brain further. For example, Seated Psychomotoric Chair Exercises can help improve hand-eye coordination.



Engage in lifelong learning and pick up a new skill through various courses (e.g. health and wellness, arts, media, IT) offered by the National Silver Academy.



Explore the LIVE HAPPY program available in HealthHub.



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