

# Physical Exercise Along With Alzheimer Dementia

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'HSDUWPHQW RI 1HXURVFLHQFH 0HGLFDO 8QLYHUVLW\ RI 6RXWK &DUROLQD 86\$

"T QFS UIF BNZMPJE TQFDVMBUJPO "M[IFJNFS BTUSPDZUFT BSF IJOEFSFE JO TZOBQUJD HMVUBNBUF UBLF VQ  
NJOE XJUI "à QFQUJEFT DPMMFDUJPO BDFE B M M M M M E B B S S B V O J H F Z N F C P L Q Q \* P O T J B O J Z P O Q  
DBTF DMJOJDBM QSF MJNJOBSJFT GPDVTRJVOHM JPC U'JP Q FXRUSIETF TP B O E O D C M S J P C S W I N Z  
BNZMPJE IBWF OFHMFDFE UP IFMQ BOZZPQV M \$ W J O F G K S E I C " M H J I O J O U F O S H B B U Z I B S U J W  
UIBO SFIBTIJ OH DPNQBSBCMF QSF MJNJOBSJFT ETJ G O E S N O T U B I L I N F O G U T F Z S B J S T D B X B D J U  
OFFE UP GJOE OPWFM NFEJDBUJPO UBESHFUT BOE CFUUF S PVS FYQMPSBUJPO UP  
GPSFTUBMM BOE USFBU "M[IFJNFS (MVUBNBUF JT UIF TZOBQUJD GMBHHJOH  
QBSUJDMF PG OFVSPOT 8IFO UIF HMVUBNBUF GMBHHJOH CFHJOOJOHT JU JT  
IBMUF E JO NT CZ BTUSPDZUFT XIJDI UBLF VQ BOE DMFBS HMVUBNBUF  
GSPN OFVSBM DPOFDUJ POT 5IJT GPSFTUBMMT HMVUBNBUF OFVSPUPYJDJUJ  
DBVTJ OH OFVSPUSBOTNJUUFS NJTGPSUVOF BOE OFVSP O DFMM QBTTJ OH  
"TUSPDZUFT NBLF &"5 FYDJUBUPSZ BNJOP DPSSPTJWF DBSSJFS UIF  
TJHOJGJDBOU HMVUBNBUF DBSSJFS BOE PG DFSFCSVN QSPUFJO \*O  
"M[IFJNFS BTUSPDZUFT BSF IJOEFSFE JO TZOBQUJD HMVUBNBUF UBLF VQ

"TJEF GSPN BDDFTTJCMF NFEJDBUJPO ESVH 1IZTJDBM FYFSDJTF JT  
GVOEBNFOUBM GPS LFFQJOH VQ HSFBU CMPPE TUSFBN UP UIF NJOE BOE NBZ  
FOFSHJ[F OFX TZOBQTF EFWFMPQNFOU BOE FOEVSBO DF 5IJT TIFFU  
EJBHSBNT UIF KPC UIBU QIZTJDBM FYFSDJTF DBO QMBZ JO EFDSFBTJ OH UIF  
EBOHFS PG DSFBUJ OH EFNFOUJB BOE UIF BEWBOUBHFT JU PGGFST UP JOEJWJEVE  
XJUI EFNFOUJB &YBNJOB UJPO JOUP UIF QPUFOUJBM GPS QIZTJDBM FYFSDJTF UP  
EJNJOJTI UIF EBOHFS PG EFNFOUJB JT QSPDFFEJ OH 8IJMF XF EPOH U ZFU  
IBWF DPODMVTJWF QSPPG GSPN SBOEPNJ[FE QSF MJNJOBSJFT B GFX  
FYBNJOB UJ POT IBWF EJTDPWFSFE UIBU QIZTJDBM NPWFNFOU JO SJHIU PO  
UJNF NJE BOE MBUF MJGF JT SFMBUFE XJUI B MPXFS EBOHFS PG QTZDIPMPHJDB  
EFDBZ BOE EFNFOUJB

" GFX QMBOOFE FYBNJOB UJ POT XIFS IVHF HBUIFSJOHT PG JOEJWJEVBMT  
BSF GPMMPXFE VQ B G U F S T P N F U J N F I B W F E J T D P W F S F E U I B U N P S F F M F W B U F E  
MFWFMT PG QIZTJDBM FYFSDJTF BSF SFMBUFE XJUI MFTT QTZDIPMPHJDBM EFDSP  
JO NPSF TFBTPOFE JOEJWJEVBMT %JGGFSFOU FYBNJOB UJ POT IBWF EJTDPWFSFE  
UIBU JOEJWJEVBMT XIP FYFSDJTF FYQFSJFODF B NPSF TMPX MPTT PG DFSFCSVN  
UJTTVF BT UIFZ BHF

1IZTJDBM FYFSDJTF PVHIU UP CF QSPDFFEFE GPS UP UIF FYUFOU UIBU UIJT  
XPVME CF QPTTJCMF GPS JOEJWJEVBMT XJUI EFNFOUJB BT JU IBT CFFO GPVOE  
UP IBWF WBSJPVT BEWBOUBHFT \*U DBO IFMQ GPSFTUBMM NVTDMF TIPSUDPNJOH  
WFSTBUJMJUJ JTTVFT BOE PUIFS XFMMCFJOH JOUSJDBDJFT SFMBUFE XJUI JOFSU  
DBO IFMQ BEWBODF BO PSEJOSZ EBZ OJHIU TDIFEVMF JNQSPWF NJOE TFU  
BOE JODSFNFOU TPDJBM TVQQPSU &YFSDJTF MJLFXJTF IBT BO JNQBDU JO  
MFTTFOJ OH QSFTTVSF BOE TBEOFTT XIJDI BSF HFOFSBMMZ FYQFSJFODFE CZ  
JOEJWJEVBMT XJUI EFNFOUJB %VMM BDUJPO GPS FYBNQMF TUSPMMJ OH PO B  
USFBENJMM PS VUJMJ[JOH BO BDUJWJUJ CJDZDMF DBO IFMQ EJNJOJTI  
OFSWPVTOFTT GPS JOEJWJEVBMT XJUI EFNFOUJB BT UIFSF BSF OP DIPJDFT UP  
NBLF PS UIJOHT UP SFDBMM BCPVU XIBU UP EP TUSBHIUBXBZ 1SPPG  
SFDPNFOET UIBU TPMJUBSZ GFX JOEJWJEVBMT NBUVSFE NPSF UIBO MFTT  
UIBO QBSUJDDJQBUJ JO B TBUJTGBDU P B E Z P O R I N G H S H F P G D Q I Q Z G D H S E W M B H D M J P O T H X U J M F  
JOEJWJEVBMT XIP IBWF EFNFOUJB BSF P W F O K I S F R W F S H P E U P U B L F Q B S U J O  
TVDI NPWFNFOU "O BDUJWJUJ QSPHSB N C W F E J O U P B C E P H O J E J W J E V B M T X B Z P G  
MJGF JO UIF CFHJOOJOH QIBTFT PG EFNFOUJB BT C R W F B O U L P S O R Q L F L W H Q M B T U S F K I  
DPOEJUJPO BEWBODFT TUSFUDIJ OH P V U J N F L E B E W B O U B H F T U P X F M M C F J O H B O E  
QSPTQFSJUJ GPS BT GBS BT NJHIU CF G P B R I C M F D a s A 7 K L V L V D Q R S H Q D F F H V V D U W L F O  
WHUPV RI WKH &UHDWLYH &RPPRQV ZKLSFKV  
SHUPLWV XQUHVWULFWHG XVH GLVWULEXWL  
DQ\ PHGLXP SURYLGHG WKH RULJLQDO DXWKRU DQG