

【Practice Article】

**Multicomponent Exercise to Improve Cognition in Older Adults
with Mild Cognitive Impairment:
JAEE Research Project “Evidence from Intervention Studies”**

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Abstract

We tested the effect of multicomponent exercise program on cognition in older adults with mild cognitive impairment (MCI) by a randomized controlled trial. The program had positive effects on cognitive functions and brain atrophy. We demonstrated detail about program and examined the generalizability. The multicomponent exercise program had a long-term continuity due to high feasibility. The program was widely used in a clinical setting, particularly preventive project, and easily accepted because an exercise program could be conducted without a specific environment. Further investigations were required to develop the evident strategy for preventing dementia.

Key words: physical activity, memory, dementia

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