

A Narrative Review On The Effects Of Exercise Intervention On Cognitive Function In Elderly Patients With Mild Cognitive Impairment

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Abstract

Mild cognitive impairment (MCI) is regarded as the early stage of Dementia, which has negative correlation in cognitive behavior, neuroelectrophysiology, and brain structure. This article reviews literature focusing on the impact of fitness exercise intervention on elderly individuals with mild cognitive impairment. The results indicate that aerobic fitness exercise intervention can enhance biochemical indicators and brain activity, while aerobic Tai Chi intervention can improve general cognitive and executive performance; The intervention of “aerobic+resistance” fitness exercise has a better effect on improving memory function; the combination of “multiple fitness exercises” and “fitness exercises+cognitive training” can improve executive function and prevent brain atrophy.

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