

# Optimising exercise prescription for brain health in older adults at risk of dementia

<https://neurodegenerationresearch.eu/survey/optimising-exercise-prescription-for-brain-health-in-older-adults-at-risk-of-dementia/>

## **Name of Fellow**

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## **Institution**

## **Funder**

NHMRC

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## **Country**

Australia

## **Title of project/programme**

Optimising exercise prescription for brain health in older adults at risk of dementia

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NHMRC

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€ 403,072

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## **The project/programme is most relevant to:**

Alzheimer's disease & other dementias

## **Keywords**

mild cognitive impairment | neuroscience | cognitive function | exercise therapy | ageing

## **Research Abstract**

To reduce dementia burdens in the community, cost effective and targeted early regenerative

strategies are critical. Engaging in frequent aerobic exercise is one strategy that can delay the onset and slow the progression of dementia. However, prescription is limited by an incomplete understanding of how exercise positively influences brain health. Here I will investigate the influence of current exercise levels, intensity and exercise environment on brain health in adults at risk of dementia.

**Types:**

Fellowships

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