

# Train the sedentary brain: move smart to reduce the risk of dementia

<https://www.neurodegenerationresearch.eu/survey/train-the-sedentary-brain-move-smart-to-reduce-the-risk-of-dementia/>

## Principal Investigators

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### Country

Netherlands

## Title of project or programme

Train the sedentary brain: move smart to reduce the risk of dementia

## Source of funding information

ZonMw

## Total sum awarded (Euro)

€ 1,265,680

## Start date of award

01/11/2014

## Total duration of award in years

4.0

## The project/programme is most relevant to:

Alzheimer's disease & other dementias

## Keywords

### Research Abstract

Physical inactivity (PIA) is a critical risk factor for developing dementia. Our multidisciplinary experts consortium will determine how specific exercise protocols can counter the negative effects of PIA on dementia progression. Primary targets are the APOEε4 carriers, people most at risk to develop dementia. The hypothesis is that physical activity (PA) slows cognitive decline and dementia progression. We will test this hypothesis by generating insights into: a) how PIA

impairs cognitive functions, b) how PIA interacts with APOEε4 expression, c) which PA protocols are most promising to slow cognitive decline and dementia progression. Experts monitor the implementation aspects of the PA protocols at all stages. We will address this challenging hypothesis using novel approaches that includes preclinical mouse models and diverse clinical PA protocols. A multitude of stakeholders will benefit from the translation of scientific knowledge to slow dementia progression.

### **Lay Summary**

**Further information available at:**

#### **Types:**

Investments > €500k

#### **Member States:**

Netherlands

#### **Diseases:**

Alzheimer's disease & other dementias

#### **Years:**

2016

#### **Database Categories:**

N/A

#### **Database Tags:**

N/A