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Exercise and dementia evidence: A review of reviews

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**Key Findings:**

People with dementia *and* caregivers would benefit from regular walking

Additional benefits can be gained from activities involving balance, strength and flexibility

Activities that encourage social interaction may provide additional benefits

**Benefits of exercise:**

Improvements in:
- Physical function
- Activities of daily living
- Mood
- Social interactions
- Enjoyment
- Cognitive abilities
- Sleep
- Quality of life

Reductions in:
- Falls
- Agitation
- Depression
- Restlessness

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**Review of reviews:**

14 reviews
Over 200 studies

People with dementia living at home and in care homes

From randomised control trials to qualitative research