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Exercise and dementia evidence: A review of reviews

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**EverybodyActive**  
Kirklees Physical Activity and Sport Partnership

# Exercise and Dementia Evidence

University of  
**HUDDERSFIELD**

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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

## 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