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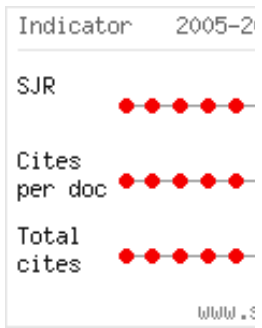
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Group-based exercise
for people with mild
cognitive impairment:
a pilot study

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Canales

[Abstract](#)

The number of neurodegenerative diseases associated to aging, such as Alzheimer's disease (AD), is rapidly increasing. Mild cognitive impairment (MCI) is diagnosed when a person presents cognitive deficits, usually memory related, but still does not meet criteria for a diagnosis of dementia. It is usually considered a transitional phase between normal aging and dementia. The benefits of exercise for people with mild cognitive impairment are not fully clear and deserve further research. The aim of this pilot study was to analyse the physical benefits of a group-based exercise program for people with mild cognitive impairment. Using a pre-post design, twenty people with MCI were recruited and divided into an experimental

group (10), who followed a three-month exercise program, and a control group (10) who followed routine care. The results of this study show that engaging in a supervised exercise program was effective for improving performance in the Six Minute Walk Test (6MWT),