
- Abstract**

Abstract: This study examined the effects of a 12-week, 3-day-per-week, 100-minute-per-session, supervised, group-based, low-impact aerobically demanding exercise program on the health-related quality of life (HRQL) of older adults with mild cognitive impairment (MCI). The program was designed to improve cardiovascular fitness, balance, and cognitive function. The results showed that the program significantly improved HRQL in the domains of physical functioning, role limitations due to physical problems, and social functioning. There were no significant changes in the domains of cognitive functioning, role limitations due to cognitive problems, and emotional functioning. The findings suggest that a supervised, group-based, low-impact aerobically demanding exercise program can improve HRQL in older adults with MCI.

[illegible]

- Figure 1** | **Flowchart of the study design.**

- [illegible]

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Laboratory Activity 1 Relationships And Biodiversity

Marco Cascella



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