Physical exercise and dementia

Bossers, Willem

PHYSICAL EXERCISE AND DEMENTIA

DELAYING COGNITIVE AND MOTOR DECLINE VIA EXERCISE

The studies described in this thesis were conducted at nursing homes of healthcare institutions ZINN, Zorggroep Groningen, and Dignis-Lentis. Data management and analysis were performed at the Center for Human Movement Sciences, part of the University of Groningen, University Medical Center Groningen, the Netherlands.

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Currently, approximately nine out of ten patients with dementia who live in a nursing home are physically inactive. It is time for action. May this thesis serve as a basis for that action so that in the near future nine out of ten patients with dementia will be physically active.

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