

University of Groningen

Physical exercise and dementia

Bossers, Willem

IMPORTANT NOTE: You are advised to consult the publisher's version (publisher's PDF) if you wish to cite from it. Please check the document version below.

Document Version

Publisher's PDF, also known as Version of record

Publication date:

2014

[Link to publication in University of Groningen/UMCG research database](#)

Citation for published version (APA):

Bossers, W. (2014). *Physical exercise and dementia: Delaying cognitive and motor decline via exercise*. [Thesis fully internal (DIV), University of Groningen]. [S.n.].

Copyright

Other than for strictly personal use, it is not permitted to download or to forward/distribute the text or part of it without the consent of the author(s) and/or copyright holder(s), unless the work is under an open content license (like Creative Commons).

The publication may also be distributed here under the terms of Article 25fa of the Dutch Copyright Act, indicated by the "Taverne" license. More information can be found on the University of Groningen website: <https://www.rug.nl/library/open-access/self-archiving-pure/taverne-amendment>.

Take-down policy

If you believe that this document breaches copyright please contact us providing details, and we will remove access to the work immediately and investigate your claim.

Downloaded from the University of Groningen/UMCG research database (Pure): <http://www.rug.nl/research/portal>. For technical reasons the number of authors shown on this cover page is limited to 10 maximum.

Stellingen behorende bij het proefschrift

PHYSICAL EXERCISE AND DEMENTIA

DELAYING COGNITIVE AND MOTOR DECLINE VIA EXERCISE

1. Laat het brein niet indutten: beweeg slim en verminder de kans op dementie. (dit proefschrift en titel vervolgonderzoek Scherder et al., 2015)
2. Stilstaan is achteruitgang. (dit proefschrift)
3. Verpleeghuizen zijn (nog) geen 'beweeghuizen'.
4. Ouderen met dementie zijn zeer trainbaar. (dit proefschrift)
5. Verleid ouderen met dementie om fysiek actief te worden.
6. Het verbeteren van cognitieve en fysieke functies spelen een rol bij het in stand houden of verbeteren van activiteiten in het dagelijkse leven. (dit proefschrift)
7. Varieer met vormen van bewegen zodat het 'lichaam blijft raden'. (dit proefschrift)
8. Het potentieel en de karakteristieken van de doelgroep bepalen in grote mate de keuze van het meetinstrument. (dit proefschrift)
9. Je hebt anderen nodig om verder te komen. (Tjerk Ridder in "Trekhaak gezocht!")
10. Meten is (z)weten.
11. Het belangrijkste is dat je nooit ophoudt met vragen stellen. (Albert Einstein)

Statements corresponding to the thesis

PHYSICAL EXERCISE AND DEMENTIA

DELAYING COGNITIVE AND MOTOR DECLINE VIA EXERCISE

1. Train the sedentary brain: move smart and reduce the risk of dementia. (this thesis and follow-up study 'train the sedentary brain', Scherder et al., 2015)
2. Standing still equals decline. (this thesis)
3. Nursing homes are not (yet) 'movement homes'.
4. Older people with dementia are highly trainable. (this thesis)
5. Seduce older people with dementia to become physically active.
6. Improving cognitive and motor function play a role in preserving or improving activities in daily life. (this thesis)
7. Vary the forms of exercise to 'keep the body guessing'. (this thesis)
8. To a large extent, the potential and characteristics of the target group determine the test choice. (this thesis)
9. You need others to move forward. (Tjerk Ridder in "Trekhaak gezocht!")
10. The taking of measurements is hard exercise.
11. The most important thing is to never stop questioning. (Albert Einstein)