

# Exercising seniors are more mentally fit

January 17 2006

---

A Seattle study suggests older adults who exercise at least three times a week are less likely to develop dementia than those less active.

The study was led by Dr. Eric Larson and colleagues at the University of Washington, and the VA Puget Sound Health Care System in Seattle.

The researchers followed 1,740 people age 65 or older for an average of 6.2 years between 1994 and 2003. When the study began, the participants -- all of whom were tested and found to be cognitively normal -- reported the number of days per week they engaged in at least 15 minutes of physical activity.

Their cognitive function was then assessed, and new cases of dementia were identified, every 2 years. By the end of the study, the rate of dementia development was significantly lower for those who exercised more -- 13.0 per 1,000 "person years" for those who exercised three or more times weekly, compared with 19.7 per 1,000 "person years" for those exercising fewer than three times per week -- a 32 percent reduction in risk.

The study is reported in the Jan. 17 issue of the *Annals of Internal Medicine*.

*Copyright 2006 by United Press International*

Citation: Exercising seniors are more mentally fit (2006, January 17) retrieved 21 June 2024 from <https://phys.org/news/2006-01-seniors-mentally.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.