



## Exercise Interventions for the Well-Being of People Living with Dementia

Guest Editors:

**Prof. Dr. Juan Antonio Párraga Montilla**

Department of Didactics of  
Musical, Plastic and Body  
Expression, University of Jaen,  
23071 Jaen, Spain

**Prof. Dr. Pedro Ángel Latorre Román**

Department of Didactics of  
Musical, Plastic and Body  
Expression, University of Jaen,  
23071 Jaen, Spain

Deadline for manuscript  
submissions:  
**closed (31 October 2023)**

### Message from the Guest Editors

Dementia is a term that implies a reduction in the capacity to remember, think, or make decisions, older adults representing the main demographic that presents with dementia. There is currently no treatment to cure dementia. However, recent research has shown that dementia could be avoided and even have its effects reversed with regular physical activity (PA). Despite the benefits that PA has, nowadays, PA is not totally included in geriatric medicine. As a consequence, a large number of older adults do not reach the minimal requirement of PA recommended by the World Health Organization. Notwithstanding, it is not clear which training program has a greater benefit in relation to improving the physical status and cognitive functions. Therefore, it is necessary to fill the gaps in the scientific literature to establish which training program has more benefits in relation to health benefit, as well as which one is more efficient to prevent and reduce the effects of dementia in older adults. Papers that cover these topics are requested for this Special Issue, especially those that applied a specific training program over a long period of time.





an Open Access Journal by MDPI

## Editor-in-Chief

**Prof. Dr. Paul B. Tchounwou**

RCMI Center for Urban Health  
Disparities Research and  
Innovation, Richard Dixon  
Research Center, Morgan State  
University, 1700 E. Cold Spring  
Lane, Baltimore, MD 21251, USA

## Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

## Author Benefits

**Open Access:** free for readers, with article processing charges (APC) paid by authors or their institutions.

**High Visibility:** indexed within Scopus, PubMed, MEDLINE, PMC, Embase, GEOBASE, CAPus / SciFinder, and other databases.

**Journal Rank:** CiteScore - Q1 (*Public Health, Environmental and Occupational Health*)

## Contact Us

---

International Journal of  
*Environmental Research and Public  
Health* Editorial Office  
MDPI, St. Alban-Anlage 66  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
[www.mdpi.com](http://www.mdpi.com)

[mdpi.com/journal/ijerph](http://mdpi.com/journal/ijerph)  
[ijerph@mdpi.com](mailto:ijerph@mdpi.com)  
[X@IJERPH\\_MDPI](https://twitter.com/IJERPH_MDPI)