



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

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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.





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Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Scientific discoveries and advances in this research field play a critical role in providing a rational basis for informed decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards.

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