

Mind-body exercises may improve cognitive function as adults age

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Mind-body exercises—especially tai chi and dance mind-body exercise—are beneficial for improving global cognition, cognitive flexibility, working memory, verbal fluency, and learning in older adults.

The findings come from a meta-analysis of all relevant published studies.

The *Journal of the American Geriatrics Society* analysis included 32 randomized controlled trials with 3,624 older adults with or without cognitive impairment.

The investigators noted that mind-body exercise, as a therapy that combines mental concentration, breathing control, and body movement, is beneficial for improving flexibility and [mental health](#), but no previous studies have evaluated the effects of all major forms of mind-body exercise in a single work.

More information: Chunxiao Wu et al, Effects of Mind-Body Exercises on Cognitive Function in Older Adults: A Meta-Analysis, *Journal of the American Geriatrics Society* (2018). [DOI: 10.1111/jgs.15714](#)

Provided by Wiley

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