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Effects of an exercise format, Ageless Grace™, on cognitive performance in older adults

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Background: Prevention of dementia through non-pharmacological interventions is gaining traction for research. Exercise has been shown to benefit cognition, mood and physical factors. However, the particular type, and duration of, exercise that correlates best with these changes is not well defined. Listening to music also has marked benefits for people with dementia. We were interested to explore the effects of an exercise format that is performed with music. Ageless Grace™ was developed to enhance neuroplasticity.

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