

Mind-body exercises may improve cognitive function as adults age

December 19 2018



Credit: CC0 Public Domain

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

Citation: Mind-body exercises may improve cognitive function as adults age (2018, December 19) retrieved 24 January 2023 from <https://medicalxpress.com/news/2018-12-mind-body-cognitive-function-adults-age.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.