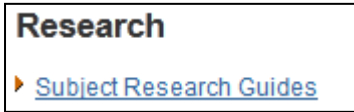


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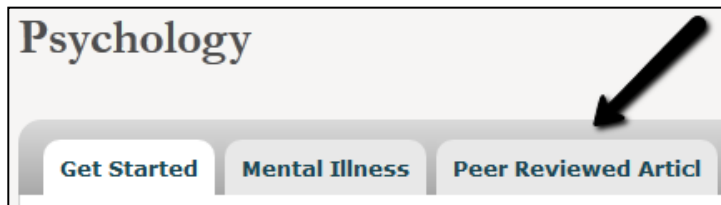
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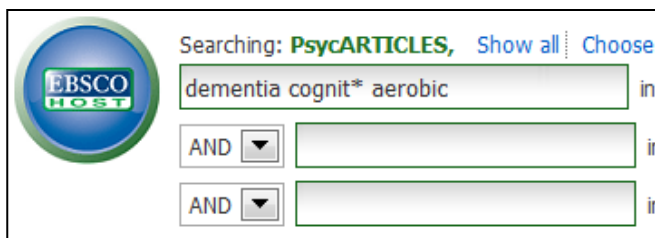
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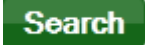
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[Modality of physical exercise and cognitive function in Hong Kong older Chinese community.](#)  
 Lam, Linda C. W.; Tam, Cindy W. C.; Lui, Victor W. C.; Chan, W. C.; Chan, Sandra S. M.; Chiu, Helen F. K.; Wong, Ada; Tham, M. K.; Ho, K. S.; Chan, W. M.; International Journal of Geriatric Psychiatry, Vol 24(1), Jan, 2009. pp. 48-53. [Journal Article] Abstract: Objective: We reported the association between modality of Physical Exercise and **cognitive** function in 782 older Chinese adults assessed in the second phase of a population survey for **dementia** in Hong Kong. Methods: Profiles of physical exercise was measured by a questionnaire (no exercise, stretching, **aerobic** and mind-body exercise). **Cognitive** Assessments included the CMMSE, ADAS-Cog, and Category Verbal Fluency Test (CVFT). Results: The **aerobic** and mind body exercise groups with longer exercise habits (>5 years) had higher scores in most **cognitive** tests (Kruskal Wallis tests, p < 0.01). Beneficial effects were more significant in the young old group from 65-75 years. Conclusions: Possible age related specific effects of **aerobic** and mind body exercise on **cognitive** reserve are worthy of further exploration. (PsycINFO Database Record (c) 2010 APA, all rights reserved)  
 Subjects: Aging; Cognitive Processes; Dementia; Exercise; Geriatric Patients; Adulthood (18 yrs & older); Middle Age (40-64 yrs); Aged (65 yrs & older)  
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