

EFFECTS OF AEROBIC PHYSICAL EXERCISE ON A POPULATION OF ELDERLY PEOPLE WITH MILD COGNITIVE IMPAIRMENT

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Objective: The objective of this piece of research was to analyze the effect produced by aerobic exercise on elderly people over 65 years of age ($79,48 \pm 8,44$ years) institutionalized and showing mild cognitive impairment ($MMSE > 14$). **Methods:** The sample was composed of 25 people who were distributed into three groups. Group A included 10 participants who performed aerobic exercise at 40% MHR intensity; group B included 8 people who performed aerobic exercise at 60% MHR intensity; lastly, group C included 7 subjects who developed a memory workshop. The intervention's planning was the same for the three groups and it was organized as follows: 20-minute sessions performed 3 times a week for a period of 3 months. **Results:** The results show that those who participated in the aerobic exercise programs obtained higher scores in MMSE (Group A: +1.90 points and B: +0.01 points) at the end of the intervention in comparison with those obtained at the beginning of the program, while the group that carried out a memory workshop worsened their scores (Group C: - 2.85 points). However, it must be pointed out that the differences they show are not significant. **Conclusion:** The groups that performed aerobic physical exercise kept their deterioration process constant according to the obtained scores, while those who participated in the memory workshop suffered a slight acceleration of their deterioration process.