 geographic regions and ethnic groups. The analysis also revealed differences in the risk of cognitive decline between those who were more or less physically active, with more active individuals having a lower risk. However, the study did not explore the specific mechanisms underlying these differences, and further research is needed to understand the role of physical activity in cognitive health.

In conclusion, accumulating evidence suggests that regular physical activity is beneficial for maintaining cognitive function in older adults, especially in regions and ethnic groups with higher risk. Further studies are needed to elucidate the mechanisms underlying these associations and to develop effective interventions to promote physical activity among older adults.

References: