

References:

- Cadar, D., Pikhart, H., Mishra, G., Stephen, A., Kuh, D., & Richards, M. (2012). The role of lifestyle behaviors on 20-year cognitive decline. *Journal of aging research*, 2012.
- Doi, T., Makizako, H., Shimada, H., Yoshida, D., Tsutsumimoto, K., Sawa, R., ... & Suzuki, T. (2013). Effects of multicomponent exercise on spatial–temporal gait parameters among the elderly with amnestic mild cognitive impairment (aMCI): Preliminary results from a randomized controlled trial (RCT). *Archives of gerontology and geriatrics*, 56(1), 104-108.
- Kolt, G. S., Schofield, G. M., Kerse, N., Garrett, N., Ashton, T., & Patel, A. (2012). Healthy Steps trial: pedometer-based advice and physical activity for low-active older adults. *The Annals of Family Medicine*, 10(3), 206-212.
- Malek-Ahmadi, M., Davis, K., Belden, C. M., Jacobson, S., & Sabbagh, M. N. (2012). Informant-reported cognitive symptoms that predict amnestic mild cognitive impairment. *BMC geriatrics*, 12(1), 1.
- Sugano, K., Yokogawa, M., Yuki, S., Dohmoto, C., Yoshita, M., Hamaguchi, T., ... & Yamada, M. (2012). Effect of cognitive and aerobic training intervention on older adults with mild or no cognitive impairment: a derivative study of the nakajima project. *Dementia and geriatric cognitive disorders extra*, 2(1), 69-80.
- Suzuki, T., Shimada, H., Makizako, H., Doi, T., Yoshida, D., Ito, K., ... & Kato, T. (2013). A randomized controlled trial of multicomponent exercise in older adults with mild cognitive impairment. *PloS one*, 8(4), e61483.