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Title: Role of physical exercise on cognitive function in healthy older adults: a systematic review of randomized clinical trials.

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a systematic review of randomized clinical trials.**

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Highlights

- Physical activity could have positive effects on cognition in older adults.
- Effects of different exercise training modalities on cognitive function.
- Multicomponent training may have the most positive effect on cognition.
- A standardization of the methodological issues of studies is required.

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