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Title: Effect of Qigong exercise on cognitive function, blood pressure and cardiorespiratory fitness in healthy middle-aged subjects

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Title of the article

Effect of Qigong exercise on cognitive function, blood pressure and cardiorespiratory fitness in healthy middle-aged subjects

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Highlights

Qigong practice (60 min/week, for 8 weeks) can improve
(1) cognitive function in attention and brain processing speed domain,
(2) blood pressure, and
(3) exercise performance
in rather sedentary middle-age subjects.

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