

# Accepted Manuscript

Effects of Different Types of Physical Activity on the Cognitive Functions and Attention in Older People: A Randomised Controlled Study

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PII: S0531-5565(15)30016-4  
DOI: doi: [10.1016/j.exger.2015.07.008](https://doi.org/10.1016/j.exger.2015.07.008)  
Reference: EXG 9662

To appear in: *Experimental Gerontology*

Received date: 1 April 2015  
Revised date: 18 June 2015  
Accepted date: 10 July 2015



Please cite this article as: Iuliano, Enzo, di Cagno, Alessandra, Aquino, Giovanna, Fiorilli, Giovanni, Mignogna, Pasquale, Calcagno, Giuseppe, Di Costanzo, Alfonso, Effects of Different Types of Physical Activity on the Cognitive Functions and Attention in Older People: A Randomised Controlled Study, *Experimental Gerontology* (2015), doi: [10.1016/j.exger.2015.07.008](https://doi.org/10.1016/j.exger.2015.07.008)

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