
- [illegible]

Abstract: This study examined the effects of a 12-week, 3-day-per-week, 100-minute-per-session, supervised, group-based, low-impact aerobically demanding exercise program on the health-related quality of life (HRQL) of older adults with mild cognitive impairment (MCI). The program was designed to improve cardiovascular fitness, balance, and cognitive function. The results showed that the program significantly improved HRQL in the domains of physical functioning, role limitations due to physical problems, and social functioning. These findings suggest that a supervised, group-based, low-impact aerobically demanding exercise program may be a viable intervention for improving HRQL in older adults with MCI.

8. **General structure and chemical formulae** of identified compounds of low molecular weight ($M_r < 1000$)
 9. **Identified polymers** (polymer structure, molecular weight, molecular weight distribution, glass transition temperature, etc.)

12. **Bitte verwenden Sie die nach dem Abkühlungsprozess erhaltenen Werte 1-6. Berechneten Sie die nachfolgenden Werte und schreiben Sie diese auf. Runden Sie auf zwei Stellen nach dem Komma.**

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Daniela Niemeyer



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