

212 patients with MCI screened

49 excluded

- 10 for physical health reasons precluding exercise
- 8 for insulin dependent diabetes mellitus
- 16 for having converted to dementia
- 12 had serious mental health comorbidity
- 2 reverted to normal
- 1 was already engaged in high levels of physical activity

163 patients eligible

93 participants declined

70 participants enrolled

3 participants withdrew before starting the intervention

- 2 due to the time commitment
- 1 due to physical ill health

67 participated and included in final analysis