

## Abstract for Poster Project: The Seniors Diet and Exercise Program

Alzheimer's Disease is an incurable, degenerative, neurological disease, which damages the nerves in the brain and eventually impacts an individual's ability to live and function independently. Currently, pharmaceutical therapy is the main line of intervention for treating A.D. Unfortunately, medication does not stop or reverse the progression of the disease, but merely lessens or stabilizes the symptoms for a limited period of time often producing negative side effects. Separate research studies on exercise and eating a Mediterranean diet have shown promising results for alternative cost-effective treatments. Although there have been independent evidenced-based studies on the effectiveness of both exercise and diet as a possible treatment for AD, few studies have combined both elements. The proposed Senior's Diet and Exercise Program (SDEP), combines the Mediterranean Diet and the Enhanced Fitness Program in an adult day care setting for seniors. The participants who are aged between 65-85 years and are diagnosed in the early stages AD will receive prepared meals five days a week and participate in an exercise class three times a week for a two-year period. The SDEP program seeks to provide an evidence-based intervention that could help slow down the progression AD, alleviate the high financial cost and the stress and burden that the individual with the disease, family caregivers, and the healthcare system experience.

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