

## Launch of the ProPEDeAMCI Project

*"Promoting the effects of Physical Exercise (PE) on cognitive, behavioral, physical and functional symptoms of people diagnosed with Mild Cognitive Impairment (MCI), Alzheimer's Disease (AD) or other Dementias"*



We are pleased to introduce the ProPEDeAMCI project, an innovative European initiative funded under the Erasmus+ Sport Program (Cooperation Partnerships) which will be implemented over a 36-month period, beginning in December 2025. The initiative, coordinated by Alzheimer Hellas (Greece), is supported by a consortium of European organizations from Italy, Belgium, Portugal, Greece, Spain, Cyprus, Slovenia, the Czech Republic, and the Netherlands.

This newsletter marks the beginning of a series of updates on the progress and results of the project.

### Objectives of ProPEDeAMCI

The ProPEDeAMCI project aims to promote the use of physical exercise as a supportive tool for people with mild cognitive impairment, Alzheimer's disease, and other dementias, with the goal of

preserving cognitive, physical, social and behavioural abilities and, consequently, improving quality of life.

To achieve this, the project foresees the exchange of good practices among partners, the development of guidelines for the creation of adapted physical activity programmes tailored to different stages of the condition, the creation of online platforms for the dissemination of information, and the training of healthcare professionals to implement effective and safe interventions.

Physical exercise remains an underused resource, despite scientific evidence demonstrating its benefits in slowing functional decline, improving overall well-being, and supporting emotional and social aspects of life. However, its application in clinical practice remains inconsistent and requires specific skills, adapted approaches, and greater dissemination of knowledge among professionals.

## Project launch

The start of the project was marked by the first in-person meeting of the partnership. In February 2026, the professionals involved, travelled to Thessaloniki, Greece, to meet in person and discuss the initial development of the project. This created valuable opportunities for exchange, highlighting both the potential and limitations of the initiative and enabling the definition and planning of the next steps.



## Current status

At this stage, the partnership is engaged in a scientific literature review. Professionals have been divided into three groups according to their expertise: the first focuses on the analysis of neuropsychological tests used to measure the impact of physical activity on cognitive, behavioral and emotional functioning in people with dementia or MCI; the second examines tools for assessing physical performance; and the third reviews exercise-based interventions described in the literature.

The aim of this work is to identify and collect the most relevant scientific evidence on the project topics, in order to use it as a foundation for the development of project materials and to provide an integrated and up-to-date overview of the current state of research in the field. Partners are currently selecting relevant scientific articles and excluding those that do not align with the project objectives.

## Next steps

In the coming weeks, partners will continue with a second phase of in-depth literature review, with the aim of building a more detailed and structured overview of the current research landscape. In parallel, the design and development of the two web platforms dedicated to the project topics is planned.

Further updates will follow soon: stay tuned!

#PROPEDEAMCI\_EU\_PROJECT #SupportforDementia #PhysicalExercise

