

# Effects of Breathing Exercises on Cognition in Older Adults

NCT07505914

Status	RECRUITING
Phase	Not Applicable
Sponsor	Istanbul University - Cerrahpasa
Enrollment	40 participants

## Key Eligibility Criteria

### Inclusion (4)

- Adults aged 65 years and older
- Able to walk independently
- Suitable for light to moderate physical activity
- Willing and able to attend 2 sessions per week for 8 weeks

### Exclusion (3)

- Underwent surgery within the last 6 months
- Currently participating in another structured rehabilitation program
- Neurological disorders that significantly restrict mobility (e.g., Parkinson's disease, stroke)

## Locations (1 total)

Müzeyyen Keçeli Aile Sa İ 1 1 Merkezi, Istanbul, Turkey (Türkiye)