

Table 1. Clinical and sociodemographic outcomes at baseline for the dance and gymnastic groups

	Dance Group (n=11)	Gymnastic Group (n=12)
Age (years)	79.8 ± 7.7	77.2 ± 5.3
Men/women (frequencies)	2/11	5/12
Schooling (years)	6.5	3.2*
BMI (kg.m ⁻²)	23.9 ± 2.1	26.3 ± 3.5*
Hypertension (frequencies)	5/11	5/12
Falling (frequencies)	2/11	9/12
CDR	0.5 ± 0.4	0.6 ± 0.4
MMSE (score/30)	20.1 ± 3.5	21.2 ± 3.5

Note: data presented as mean ± SD. MCI: Mild Cognitive Impairment, BMI: Body Mass Index, CDR: Clinical Dementia Rating, MMSE: Mini Mental State Examination. *p< 0.05 significant difference between dance group and gymnastic group.

Table 2. Effects of 16 weeks of dance and gymnastic intervention on behavioural, psychological states, activity daily living and mobility

	Dance Group		Gym Group	
	Pre	Post	Pre	Post
GDS-15	6.5 ± 1.7	2.5 ± 1.8	8.1 ± 2.6	4.1 ± 2.9
NPI	2.5 ± 1.6	1.6 ± 1.2	5.1 ± 2.5	3.4 ± 1.4
TUG- score	-2.5 ± 2.3	-2.1 ± 2.1	-2.6 ± 2.7	-1.3 ± 1.1
TUG- time	13.6 ± 4.2	11.7 ± 3.8	15.4 ± 6.8	13.5 ± 6.0
ADL	0.6 ± 0.8	0.7 ± 1.0	1.3 ± 1.1	1.3 ± 1.1

Values are displayed by means +/- standard deviation. MMSE: Mini Mental State Examination, GDS-15: Geriatric Depression Scale, NPI: Neuropsychiatric Inventory, TUG: Timed Up and Go, ADL: Activity Daily Living.