

Ekjōjaej im Ājmour in Kōmalij

Bryce Daniels, Ph.D.

Rijipaņ Rikaki in Ājmour - State Ājmour Rijerbal, University of Arkansas Doulu eo an Ekkāt im Jerbal ko Relaplok

Josh L. Gills, Ph.D.

Rikatak eo ewōr an Doctor's Degree, NYU Grossman Jikuul in Wūno.

Jessica Vincent, Ed.D

Rijipaņ Rikaki in Ājmour - State Ājmour Rijerbal, University of Arkansas System Doulu eo an Ekkāt im Jerbal ko Relaplok

Heather Wingo, M.S.

Arkansas/Oklahoma Bukwōn Wā Rikatakin, University of Arkansas System Doulu eo an Ekkāt im Jerbal ko Relaplok

Vannessa Lewis, M.Ed.

Būrookraam Rijerbal - Ājmour, University of Arkansas System Doulu eo an Ekkāt im Jerbal ko Relaplok

Arkansas Ej Kambōōj eo Ad

Loelak webjait eo ad ilo:
<https://www.uaex.uada.edu>

Wūnin an Wōr Tokjen Ājmour in Kōmalij

Alzheimer's nañinmej ej nañinmej eo ekkā tata ilo ebbal im ej jelōt ememej, kōlmanlokjen, im maroñ kōmmāne jerbal ko aolep raan. Ilo an yiiō, eļāne eṃaan ak kōrā, im kij jelōt joñan kauwōtata, katak ej kwalok ke mail ej aorōk jerbal eo an ilo ājmour in kōmalij.¹ Komakūt enbwin aolep iien ej jipaņ kōmalij eo jerbal im joñan eman in mour im maroñ jipaņ kadiklok kauwōtata, kōmman bwe en rumij lok jerbal, im jipaņ ikkijen anemkwōj ilo an armej rūtōlok.^{1,2}

Kōmakūt Enbwin im Ājmour in Kōlmanlokjen

Kōmakūt enbwin ej kokajoor ājmoru in kōmalij im lōmnak ilo an kōmman bwe en eman lak an bōtōktōk etal ñan kōmalij, jipaņ kilen kōjerbaļe kajoor ilo kōmalij cell ko, kadiklok bōbōj, im jipaņ kadiklok oktak in enbwin kauwōtata ko repāake kakōlle in Alzheimer's nañinmej.³ Kōlmanlokjen ej kwalok kōn kapeel in lōmnak ko rej jerbal ilo mour aolep raan, ekoba eļaa, ememej, kōmman kelet, im uwaak būrooblem. Makūtūt ej ar jipaņ lale jekjek ko ainwot aerin bōtōktōk, toñal, im an lap cholesterol, eo ej epāake an laplok kauwōtata in an jab eman kōlmanlokjen.^{1,2}

Ijela kin ekjōjaej ko remman ñan menono (waanjoñak., etetal, ettor, baajkol, bar jōt.), ewōr tokjen waween an armej emakūt.

Jerbal ko rej aod peļan, karōk, im eļaa, ej walok an laptata aer aorōk ñan lale an kōmalij jerbal ilo ad rūtōlok.^{1,4}

Ekjōjaej ej Kokajoor Eloñ Mōttan Kōlmanlokjen im Ememej

Katak ej kwalok ke komakūt enbwin eṃaroñ jipaņ kōn eloñ waween an kōlmanlokjen jerbal ilo kōmman bwe en eman lak an bōtōktōk etal ñan kōmalij eo, kokajoor kilen an cell in kōmalij ko leto letak meļeļe, im kokajoor an kōmalij eo maroñ oktak.^{1,4}

Elaak im lōmnak

Eļaa ej jipaņ armej pād wōt ilo an eman aer lōmnak, loore kōmeļeļe ko, im jab eļaa ñan mennin kapo ko. Ekjōjaej eo ej aikuj kōlmanlokjen, ainwot peļan makūtūt ko, kōmmalmel ko eṃōj aer karōk, ak ruo- jerbal ekjōjaej ko, reṃaroñ kokajoor an juon eļaa ilo aer dāpij an kōmalij eo emourur im kobalak wōt ilo iien makūtūt. Jerbal ko ainwot etetal ippān bōnbōn, uwaak ñan kajjitōk ko, ak ukōt iaļ ko ñan aod kōmalij ñan jerbal e meļeļe ko ilo an ebwin emakūt.^{1,4}

Ememej

Ememej ej kotlok an armej ekatak meļeļe kāal ko im ememej eñjake ko ṃōkta lok.

Aerobic ekjōjaej, ainwot etetal, baajkol, ak tuuj, ej koba ippān men ko rej eman lok ilo ememej ilo an kalaplok an ettor bōtōktōk im akjijen ñan jikin

ko ilo kōmalij rej koba ilo ekatak. Makūtkūt ko rej koba waween emakūt ko rej elij ak jermal pidodo ko emaroñ laplok aer jipañ ememej ilo kōmman bwe en pidodo katak jen elij men.^{1,4}

Jermal ko Rellap (Bulāān, Kōmman Kelet, im Kōmman Eloñ Jermal ilo Juon Wōt lien)

Jermal ko rellap ej koba kapeel ko āinwot bulāān, uwak būrooblem, im oktak kōtaan jermal ko. Ekjōjaej ko ewōr kein ie, kelet, ak oktak, āinwot agility drill ko, jikin aod, ak makūtkūt ko eloñ-ruo jermal lowaan, rej aod kapeel kein. Makūtkūt kein rej aikuj an kōmalij eo kōmman kelet im kajeoñ kaminene ñan melele kāāl ko, jipañ kokajoor anemkwōj ilo makūtkūt ko aolep raan.^{1,4}

Joñan Mokaj in Jermal

Joñan mokaj in jermal ej kwalok kōn joñan mokaj in an kōmalij eo maroñ kadeļoñ im uwaak ñan melele. Emakūt in enbwin eo ej kōmman bwe en laplok an bam menono im ekoba makūtkūt ko emōj aer karōk emaroñ jipañ bwe en mokaj lak ien eļaaq im mokaj lok kōlmanlokjen. Eman lak joñan mokaj in jermal ej jipañ kōn makūtkūt ilo ejelok jorrāān, mour tak jen peļan, im jermal ko aolep raan āinwot ettor ak pād ilo meļan ko elap boub ie.^{1,4}

Kapeel in Jellā kōn Ia

Kapeel in jellā kōn ia ej jipañ armej lōmnak kōn joñan etolok, melele kōn jemjera ko, im emakūt ilo an ejelok jorrāān ilo meļan eo aer. Peļan ekjōjaej ko, buñtōn ko, im makūtkūt ko rej aikuj jeļalokjen in karōk in enbwin rej kokajoor kapeel kein ilo aer kobaiki jikin ko ilo kōmalij rej bōk eddoin jellā kōn joñan etolok. Kokajoor kapeel in jellā kōn ia elaptata an aorōk ñan bōbrae wotlok im emakūt ilo ejelok jorrāān ilo an armej rūttolok.^{1,4}

Taib in Ekjōjaej ko Rej Jipañ Kōlmanlokjen

Katak ej kwalok ke ekjōjaej ko rej aikuj an kōmalij im enbwin jermal ippān doon remaroñ kōmman eloñlok jipañ in kōlmanlokjen ko. Makūtkūt kein rej bar koba eļaaq, bulāān, im karōk ilo an bar kōmman bwe emanlok an enbwin jermal.^{1,4}

Peļan ekjerjij ko rej aod kantūrol in jekjek im jellā eñjake ko. Waanjoñak ko ekoba jutak ion juon ne, jimwin ne-ñan-adi in ne etetal, im kantūrol ia eo eddo eo ej pād ie. Makūtkūt kein rej aikuj an kōmalij wonmaanlok an jermal im rej epāake anemkwōj ilo jermal.^{1,4}

Ekjōjaej ko rej karōk ekoba iien im joñan ikkūt in makūtkūt, āinwot maaj ippān pā makūtkūt ko, kilen buñtōn, agility drill ko, ak ep pidodo ko. Makūtkūt kein remaroñ kōmman bwe jikin ko ilo kōmalij epāake makūtkūt im kōlmanlokjen ren leto letak melele.^{1,4}

Ruo-jermal ekjōjaej ko ej kobaiki makūtkūt ippān juon aod in kōlmanlokjen, āinwot etetal ippān bōnbōn liklok, kwalok etaan naan ko ilo juon kilaj, ak loore kijjie ko rej oktak. Jermal kein rej jipañ kokajoor eļaaq im jermal ko rellap.^{1,4}

Kajoor kōmmalmel ej jipañ ājmour in kōmalij ilo an kōmman bwe en pidodo makūtkūt, peļan, im anemkwōj. Ekjōjaej ko āinwot jijjōt-ñan-jutak ko, resistance band makūtkūt ko, im ekjōjaej mera ko ko remaroñ oktak ñan eloñ lābōl in maro im jipañ kokajoor an wonmaanlok bōk kunaam ilo an enbwin emakūt.^{1,2}

Likūt Aolep Ippān Doon

Ājmour in kōmalij ej bōk jipañ jen makūtkūt ko rej aod jimor enbwin im lōmnak. Makūtkūt ko rej kōmman bwe en eman lok peļan, karōk, kajoor, im ekjōjaej ko remman ñan menono rej lewaj juon pedped kajoor ñan ājmour in kōlmanlokjen ilo mour.^{1,2} Oktak in makūtkūt jidik, im ko ekkā elap melele. Jokdoon laplok ko ilo komakūt enbwin emaroñ lelok ñan aitok-kutien ājmour in kōmalij im anemkwōj ilo jermal.¹

Enaan Aorōk ko ñan Rool Kaki





- Kōmakūt enbwin ej jipañ kōmalij jermal, makūtkūt, im anemkwōj.^{1,2}
- Ekjōjaej ko rej aod peļan, karōk, im eļaaq remaroñ lelok jipañ in kōmalij ko rekoba.^{1,4}
- Kobaiki makūtkūt ippān ad in kōmalij ko rej jipañ kokajoor ememej im kōmman kelet.^{1,4}
- Makūtkūt aolep iien ilo jabdewōt iien emaroñ jipañ ilo ien aitok ñan ājmour in kōmalij.¹

Ia ko Melele Kein Rej Itok Jen E

1. Livingston, G., Huntley, J., Sommerlad, A., et al. (2020). Dementia prevention, intervention, and care: 2020 report of the Lancet Commission. *The Lancet*, 396(10248), 413–446. [https://doi.org/10.1016/S0140-6736\(20\)30367-6](https://doi.org/10.1016/S0140-6736(20)30367-6)

Ājmour-in Kōmalij & Peļan Ekjōjaej

Ej Jipaņ Alzheimer's Naņinmej, Ebbal, im an Rumij Lok an Kōļmanlokjen Jerbal
(Bōk jen Būrokraam in Ājmour – Ekjojaej Jipaņ ko)

EKJŌJAEJ KO	KŌMELELE	WUNIN AN KOKAJŌOR ĀJMOUR IN KŌMALIJ	OKTAK KO / KŌJBAROK	PIJA
Juon-Ne Jutak	Jutak aitok im ukōt eddo ñan juon ne. Dāpij pelan lo am reimaanlok. Ukōt ne ko.	Ej aod pelan, jekjek, im jellā kōn enbwın, aikuj elap lōmnak jen kōmalij.	Dāpij juon jea; buñtōn adi in ne ko ilo an aikuj; kōmman bwe en kadu lok ien dāpdep.	
Tandem Etetal (Jimwin ne-ñan- Adi in Ne)	Etetal maanlok ilo am likūt jimwin ne eo ilo maan in adi ko jōt ilo ne eo juon.	Lap an rojāñ pelan, karōk, im elaak.	Kōjerbale dāpin em ak jikin dāpdep ko; kōmman bwe en depakpak jidik; kadiklok buñtōn ko.	
Maanlok Uññur Adi in Ne / Topar Pā	Buñtōn maanlok im kamera am buñtōn adi in ne ko ilo an tōpar pā eo juon maan.	Ej kobaiki pelan, karōk, im elaak.	Rumij makūtkūt; kadu jikin tōpar; jipaņ jen jea.	
Kotak Ajaj	Jutak kōn ne āinwot joñan etolak in aer. Dāpij juon jea elañe aikuj. Jutak ñan bool in ne ko, dāpij 1–5 jekkon ko, innem le lal lak jimwin ne ko.	Ej kōmman bwe en eman lak eñjake ak etetal ilo an ejelok jorrāñ.	Dāpij jea; ediklok oktak ko; kelet in jījōt.	

Ājmour in-Kōmalij & Peļan Ekjōjaej (wonmaanolok wōt)

Ej Jipaņ Alzheimer's Naņinmej, Ebbal, im an Rumij Lok an Kōļmanlokjen Jerbal
(Bōkjen Būrokraam in Ājmour – Ekjojaej Jipaņ ko)

EKJŌJAEJ KO	KŌMELELE	WUNIN AN KOKAJŌOR ĀJMOUR IN KŌMALIJ	OKTAK KO / KŌJBAROK	PIJA
Jutak in Bao Kidu	Dāpij jea, kotak pā eo juon im ne.	Ruo-jerbal pelan im ekjōjaej eo ej karōk.	Kotak pā ak ne wōt; adi in ne ko lal.	
Kotak Jait Ip	Kotak ne naboņ ņan jait ippān kantūrol.	Ej kōmman bwe en eman lak jait-ņan-jait kajoor.	Jea jipaņ; ettā kotak.	

Kobaiki Kilen Kōļmānlokjen ko ņan Ekjōjaej

KŌLLEJAR	WAWĒEN KŌJERBALE	KAPEEL KŌLMANLOKJEN AOD
Waween Bōnbōn ko	Bōnbōn rep liklok ak bōnbōn kōn 2, 3, ak 5 ilo am emakūt	Elaak, ememej
Kwalok Etan Ruo Men	Kwalok etan men ko (leen wōjke, mennin mour, state ko) ilo ekjōjaej eo	Jepel am elaak
Ememej	Kememej juon laajrak kadu in naan ko im kajeoņ ememej tokelik	Ememej ilo jidik wōt iien
Kijjie	Uwaak ņan naan ko āinwot "anmoon," "anmiiņ," "dāpij", ak "rumij"	Joņan ien elaak, jerbal ko rellap
Oktak ko	Ukoktak mokaj/rumij rep ko ak ukot awa in dāpdep ko kajojo iien	Joņan an pidodo an oktak lōmnak
Kōmman Kelet	Kelet emakūt eo tokelik pedped ion juon kien (odd/even, kōlar, ainikien)	Uwaak būrooblem

2. Livingston, G., Sommerlad, A., Orgeta, V., et al. (2024). Dementia prevention, intervention, and care: 2024 update of the Lancet Commission. *The Lancet*. Advance online publication. [https://doi.org/10.1016/S0140-6736\(24\)01296-0](https://doi.org/10.1016/S0140-6736(24)01296-0)
3. Cai, Y., Snitz, B., & Cohen, A. D. (2026). Associations between accelerometer derived physical activity complexity, cognitive function, and plasma biomarkers of Alzheimer's disease. *Alzheimer's & Dementia*, 22, e71181. <https://doi.org/10.1002/alz.71181>
4. Voss M. W., Soto, C., Yoo S., et al. (2019). Exercise and Hippocampal Memory Systems. *Trends Cogn Sci.*, 23(4):318-333. PMID: 30777641; PMCID: PMC6422697. <https://doi.org/10.1016/j.tics.2019.01.006>

BRYCE DANIELS ej juon rikaki rijpañ in ajmour - State Ajmour Rijerbal, **JESSICA VINCENT** ej juon rikaki in ajmour, **HEATHER WINGO** ej juon Arkansas/Oklahoma bukwön wä rikatakin, **VANNESSA LEWIS** ej juon bürokraam rijerbal in ajmour. Aolep rej päd ilo University of Arkansas System Doulu in Ekatak im Jerbal ko Relaplok ilo Little Rock. **JOSH GILLS** ej juon rikatak eo eloñ an doctor's degree ippän NYU Grossman Jikuul in Wüno.
FSFCS78MH-PD-6-2026

Äinwot 7 CFR § 15.3, University of Arkansas Doulu in Ekkat ej lelok aolep bürokraam in herbal in Katak im Elaplok (ekoba herbal) ilo an ejelok lömnak kön bwij, kölar in kil, ia eo juon ej itok jen e, kabuñ, yiiö, utamwe, jekjek in pälele ak tarine, meçele ko ikkijen kij, ñe emaan ak köra, böroro ak jaldewöt bar jekjek eo ej köjbarok tumwin kien, im ej juon jikin eo ejelok kalijeklok ie.

Jouj lalc bwe Kajin Palle ej kajin eo elap köjerbaç.