



## NEWSLETTER SYMPOSIUM MOVING BEYOND THE BASICS

On Friday 8 April you and about 65 other participants, attended the symposium *'Moving beyond the basics: Interplay between movement and cognition across the life span'* at the Vrije Universiteit.



In the morning, the development of movement and cognition was discussed and particularly what may go wrong in preterm children. Knowledge of this may facilitate learning on the decline of movement and cognition in aging.



Principles of beneficial exercise effects on cognition were discussed: e.g. neurogenesis and cardiac function. Physical training possibilities and its challenges for persons with dementia were evaluated. Finally, gait disturbances, problems with dual tasks, and falls in aging individuals were highlighted; all aspects of extreme importance to consider in order to remain living independently.



Closure of the symposium was an elegant example of the link between movement and cognition.



Evaluations showed high satisfaction. Thank you all for your participation and support! We plan on future symposia of which you will be notified. Hopefully, we will meet again!



Best wishes,  
Laura Eggermont  
Erik Scherder  
Hester Fahrner