

Summary of LEEPS Program

Who	Participant with ADRD and caregiver pair
When	Twice a week for 1.5 hours each
What	One weekly meeting for exercise with language stimulation and 1 weekly meeting for social outing
How	Physical exercise followed standardized manual, adapted as needed for the participant with ADRD
Note:	Individualized exercise protocols were developed with a physical therapist, noting restrictions specified by the participant with ADRD's physician. Language exercises were designed to promote sustained attention, deep processing of language and semantic content

Abbreviations: LEEPS, Language-Enriched Exercise Plus Socialization; ADRD, Alzheimer's disease and related dementias