

PubMed

#1 = "Older Adults" OR "Elder Adults" OR "Elderly Women" OR "Elderly Men" OR "Middle-aged Adults" OR "aging" OR "ageing" OR "elderly" OR "Adults"[All Fields]

#2 = "Mind-body Exercise" OR "mind-body intervention" OR "meditative movement" OR "Tai-ji" OR "Tai Chi" OR "Chi, Tai" OR "Tai Chi Chuan" OR "Taiji" OR "Taijiquan" OR "T'ai Chi" OR "Tai Ji Quan" OR "Ji Quan, Tai" OR "Quan, Tai Ji" OR "yoga" OR "Qigong" OR "Ch'i Kung" OR "Baduanjin" OR "Wuqinxi" OR "Liuzijue" OR "Yijinjing"[All Fields]

#3 = "Executive Function" OR "Executive Functions" OR "Executive Functioning" OR "Executive Control" OR "Top-Down Control" OR "Working Memory" OR "Updating" OR "Refreshing" OR "Response Inhibition" OR "Behavioral Inhibition" OR "Motor Inhibition" OR "Inhibitory Control" OR "Cognitive Control" OR "Interference Control" OR "Attention Control" OR "Conflict Monitoring" OR "Cognitive Flexibility" OR "Mental Flexibility" OR "Set Shifting" OR "Task Switching" OR "Cognitive Shifting"[All Fields]

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WOS

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The Cochrane Library

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Scopus

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CNKI

#1 = (SU="老年人" OR SU="中年人" OR SU="中老年人" OR SU="老年女性" OR SU="老年男性")

#2 = (SU="身心运动" OR SU="太极" OR SU="太极拳" OR SU="健身气功" OR SU="八段锦" OR SU="五禽戏" OR SU="六字诀" OR SU="易筋经" OR SU="瑜伽")

#3 = (SU="执行功能" OR SU="执行控制" OR SU="反应抑制" OR SU="行为抑制" OR SU="运动抑制" OR SU="抑制控制" OR SU="认知控制" OR SU="干扰控制" OR SU="注意控制" OR SU="工作记忆" OR SU="更新" OR SU="刷新" OR SU="认知灵活性" OR SU="转换" OR SU="任务切换" OR SU="认知转换")