				Exerc	ise				Behavior Changes				Symptoms Improvements									
	Mo	onth 1	Γ	Month 2		Month		3	Anxiety	Depression	Personality changes	Impulsive or compulsive behaviors	Tremor	Rigidity	Clumsy Leg	Slowness of Movement	Loss of Facial Expression	Decreased Blinking	Speech Abnormalities	Impaired balance & coordination	Patients Fall when Standing	Freezes and Stumbles when walking
Code	W2 V	V4 AVE	w2	W4	AVE	w2 w	4 A	VE														
	1 1													1st group)							
									minimal	Minimal			3 - Moderate	2- Limited	4 - Good	4 - Good	4 - Good	4 - Good	3 - Moderate		5- Excellent	
1	2	4 3	3	5	4	3 1	· ·	2	anxiety	depression	Yes	No	Improvement	Improvement	Improvement	Improvement	Improvement	Improvement	Improvement		Improvement	
2	3	2 3	2	4	3	2 1		2	mild anxiety	Mild	Yes	No	4 - Good	3 - Moderate	3 - Moderate							
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			-						anxiety	depression Mild			Improvement 4 - Good	Improvement 5- Excellent	Improvement 3 - Moderate	3 - Moderate	Improvement 2- Limited	3 - Moderate	2- Limited	Improvement 3 - Moderate	Improvement	
4	5	2 4	3	5	4	4 3	· ·	4	mild anxiety	depression	No	No	Improvement	Improvement	Improvement	Improvement	Improvement	Improvement	Improvement	Improvement		
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			-				_		,	depression			Improvement	Improvement 3 - Moderate	Improvement 4 - Good	Improvement	Improvement	Improvement 3 - Moderate	Improvement	Improvement	Improvement	Improvement
7	4	3 4	1	4	3	4 5	;	5	moderate anxiety	Moderate depression	Yes	No	5- Excellent Improvement	Improvement	4 - Good Improvement	4 - Good Improvement		Improvement				
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8	3	5 4	3	4	4	2 4	•	3	anxiety	depression	Yes	No	Improvement	Improvement	Improvement	Improvement	Improvement	Improvement	Improvement	Improvement	Improvement	
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11	4	2 3	1	4	3	3 3	; ;	3	moderate anxiety	Minimal depression	Yes	No	2- Limited Improvement	4 - Good Improvement	3 - Moderate Improvement	1 -No Improvement	3 - Moderate Improvement	Improvement	3 - Moderate Improvement	Improvement	3 - Moderate Improvement	Improvement
			-						minimal	Minimal			4 - Good	3 - Moderate	3 - Moderate	3 - Moderate	Improvement	2- Limited	1 -No	2- Limited	3 - Moderate	1 -No
12	1	1 1	2	2	2	3 1	·	2	anxiety	depression	No	Yes	Improvement	Improvement	Improvement	Improvement		Improvement	Improvement	Improvement	Improvement	Improvement
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15	3	2 3	3	3	3	2 3	·	5	anxiety	depression	163	NO	Improvement	Improvement	Improvement				Improvement		Improvement	
14	4	2 3	2	3	3	1 5	;	3	mild anxiety	Minimal	Yes	No	5- Excellent	4 - Good	4 - Good	4 - Good						
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15	5	4 5	5	5	5	4 5	; <u> </u>	5	anxiety	depression	Yes	No	Improvement	Improvement	Improvement	Improvement	Improvement	Improvement	Improvement	Improvement	Improvement	
1.5				-					minimal	Moderate			3 - Moderate	3 - Moderate	3 - Moderate	inprovement	improvement	improvement	improvement	improvement	improvement	
16	4	1 3	2	5	4	3 4	•	4	anxiety	depression	Yes	Yes	Improvement	Improvement	Improvement							
17	2	3 3	3	2	3	4 1		3	moderate	Minimal	Yes	Yes	3 - Moderate	4 - Good	3 - Moderate	2- Limited						
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20	5	3 4	3	3	3	5 2		4	anxiety	depression	No	No	Improvement	Improvement	Improvement	Improvement	Improvement		Improvement	Improvement		
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23	1	5 <mark>3</mark>	2	5	4	4 5		5	anxiety	depression	Yes	No	Improvement	Improvement	Improvement							
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24	5	5 5	5	2	4	5 2		4	anxiety	depression	No	Yes	Improvement	Improvement	Improvement	Improvement	Improvement	Improvement	Improvement	Improvement	Improvement	
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27	3	5	4	3	4	4 1	. 3	2	moderate		No	No	3 - Moderate	2- Limited	2- Limited		5- Excellent	4 - Good		3 - Moderate		
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30	4	4	4	5	3	4 4	3	4	mild anxiety	Moderate	Yes	No	3 - Moderate	5- Excellent		3 - Moderate						
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33	1	4	3	4	1	3 5	4	5	minimal	Mild	No	Yes	1 -No	3 - Moderate	3 - Moderate	2- Limited	3 - Moderate	4 - Good	4 - Good	3 - Moderate	1 -No	1 -No
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42	2 2 2	3	3	2	5	4	43	4	mild anxiety	Minimal	Yes	No	3 - Moderate	3 - Moderate	2- Limited	3 - Moderate		2- Limited	3 - Moderate	2- Limited		
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47	2	5	4	2	5	4 1	. 3	2	mild anxiety	Mild	Yes	No	3 - Moderate	2- Limited	2- Limited	3 - Moderate	1 -No	1 -No	4 - Good	2- Limited	3 - Moderate	1 -No
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50	1	т		т	-	- 3	.]	5	mild univery	depression	162	INO	Improvement	Improvement	Improvement	Improvement	Improvement	Improvement			Improvement	

Exercise : Exercises frequently 4 times a week one hour per session Home pista usage average 5 hours

Minimal Improvement (1/5): The patient shows little to no interest or engagement in exercise activities. They may have difficulty Limited Improvement (2/5): The patient occasionally engages in exercise activities but lacks consistency. They may need reminders and Regular Engagement (3/5): The patient engages in exercise activities on a regular basis. They can follow simple exercise routines with Steady Improvement (4/5): The patient consistently participates in exercise activities and demonstrates noticeable improvement in their Maintaining Abilities (5/5): The patient maintains their current level of physical abilities and cognitive function through regular exercise.