Vascular disease is a major health problem with an expected increase in prevalence in the coming decades. It is associated with an increased risk of recurrent vascular events and mortality, and also with a higher risk of cognitive decline and dementia. Evidence from the general population suggests that physical activity and exercise have benefits on both these risks. However, it is not known whether this also applies to patients with vascular disease. In this thesis, we investigated the effects of physical activity and exercise on secondary prevention and cognition in patients with vascular disease.