

## Special Issue

# Exercise, Nutrition and the Brain

### Message from the Guest Editor

The relationship between exercise, nutrition, and brain health has gained increasing attention, building on a long history of research into how lifestyle choices impact cognitive function and reduce the risk of neurodegenerative diseases. This Special Issue aims to highlight the latest findings in this field, exploring the biological mechanisms through which physical activity and diet influence brain health at every stage of life. We are seeking innovative studies that investigate interventions, mechanisms, and outcomes related to brain function, cognitive performance, and mental health. Submissions can include original research, reviews, and meta-analyses on the role of exercise, specific nutrients, and dietary patterns in promoting brain health. We particularly welcome papers that connect basic science with clinical applications, offering insights into preventive and therapeutic strategies to enhance cognitive function and protect against neurodegenerative disorders.

### Guest Editor

Dr. Marco La Marra

Department of Experimental Medicine, University of Campania "Luigi Vanvitelli", 80138 Naples, Italy

### Deadline for manuscript submissions

closed (25 April 2025)



## Brain Sciences

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Impact Factor 2.8  
CiteScore 5.6  
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## About the Journal

### Message from the Editor-in-Chief

You are invited to contribute a research article or a comprehensive review for consideration and publication in *Brain Sciences* (ISSN 2076-3425). *Brain Sciences* is an open access, peer-reviewed scientific journal that publishes original articles, critical reviews, research notes, and short communications on neuroscience. The scientific community and the general public can access the content free of charge as soon as it is published.

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