

Special Issue

Unraveling the Role of Physical Activity in Brain, Cognition, and Mental Health

Message from the Guest Editors

The Special Issue explores the multifaceted relationship between physical activity and brain health across the lifespan. We trace the historical evolution of this research area, highlighting seminal studies that established the link between physical activity and improved cognitive function and mental wellbeing. The issue aims to showcase cutting-edge research illuminating the intricate mechanisms underlying these effects, from the molecular and cellular levels to the impact on higher-order cognitive processes and mental health outcomes. We solicit original research articles, reviews, and meta-analyses employing diverse methodologies (e.g., neuroimaging, behavioral studies, interventional trials) that investigate the impact of physical activity on various aspects of brain structure and function, cognitive performance (including attention, memory, executive function), and mental health conditions (such as depression, anxiety, and cognitive decline).

Guest Editors

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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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