Special Issue

Exercising against Age-Effects on the Brain

Message from the Guest Editors

The interaction of physical activity and cognitive function with respect what we now call successful aging was and is extensively studied. In general, a wealth of studies indicate that short- and long-term physical activity can induce neuroplasticity even in the adult brain, affects cognitive performance positively and may reduce the risk of neurodegenerative dementia, a disease for which advanced age is the main risk factor. However, the underlying neurobiological mechanisms of physical activity on the human central nervous systems are not fully understood. A deeper understanding of the effects of physical activity on molecular, structural and functional brain changes seems urgently needed since this would allow us to develop more efficient prevention strategies to influence the maladaptive processes of aging on brain functioning. The great potential to influence neurobiological processes throughout physical activity is of substantial scientific and public interest when considering the consequences of age-related cognitive decline in conjunction with the demographic change.

Guest Editors

Prof. Dr. Notger G. Müller

Dr. Patrick Müller

Mr. Fabian Herold

Deadline for manuscript submissions

closed (20 November 2019)

Brain Sciences

an Open Access Journal by MDPI

Impact Factor 2.7
CiteScore 5.6
Indexed in PubMed

mdpi.com/si/17151

Brain Sciences
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
brainsci@mdpi.com

mdpi.com/journal/brainsci

Brain Sciences

an Open Access Journal by MDPI

Impact Factor 2.7
CiteScore 5.6
Indexed in PubMed

mdpi.com/journal/brainsci

MDPI

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.

Editor-in-Chief

Prof. Dr. Stephen D. Meriney
Department of Neuroscience, University of Pittsburgh, Pittsburgh, PA 15260, USA

Author Benefits

High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, PMC, Embase, PSYNDEX, PsycInfo, CAPlus / SciFinder, and other databases.

Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 15.6 days after submission; acceptance to publication is undertaken in 1.9 days (median values for papers published in this journal in the second half of 2024).

Recognition of Reviewers:

reviewers who provide timely, thorough peer-review reports receive vouchers entitling them to a discount on the APC of their next publication in any MDPI journal, in appreciation of the work done.