



Exercise and Brain Health

Guest Editor:

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Message from the Guest Editor

Recently, research has highlighted the benefits of exercise on brain health. Many studies have shown that exercise can reverse some of the negative consequences of a sedentary lifestyle, and can also work to delay the effects of an aging brain and other degenerative pathologies such as Alzheimer's disease, dementia, and diabetes. In addition, exercise can improve cognitive processes and memory. Therefore, exercise seems a very promising approach as a new strategy for improving brain health and cognitive function. This Special Issue plans to provide an overview of the most recent advances in the field of exercise and brain health and their applications in diverse populations.

Potential topics include, but are not limited to:

- The effect of acute exercise interventions (aerobic or resistance exercise) on brain health;
- The effect of chronic exercise interventions (aerobic or resistance exercise) on brain health;
- Exercise improving cognitive/motor function/brain health in either healthy or diseased populations;
- Mechanisms that may explain the impact of exercise on brain health;
- Future perspectives on improving brain health.





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Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

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