

Special Issue

Effects of Exercise on Cognitive Functioning

Message from the Guest Editors

Mental health is a priority in public health. It is increasingly accepted that mental health issues have strong associations with cognitive impairment. It is therefore important to seek targeted therapeutic strategies to counteract their impact. Recently, there has been growing interest in the effects of physical activity and exercise on mental health and cognition. Despite this, the neurophysiological mechanisms explaining the benefits of exercise on brain functioning are still not well known. This Special Issue focuses on acute and chronic effects of exercise on cognitive functioning, with emphasis on executive functions. The muscle–brain crosstalk and the role of myokines involved in structural and functional neuroplasticity are also topics of interest. This Special Issue also examines exercise as a stimulus in settings such as educational contexts and workplaces, where it may enhance academic achievement and workers' performance. Finally, it gathers results from clinical research in which exercise-based interventions alone or combined with other treatments were applied to patients with cognitive impairments.

Guest Editors

Prof. Dr. Luis Carrasco Páez

Dr. Inmaculada C. Martínez-Díaz

Dr. Rizki Mulyawan

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

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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. Scientific discoveries and advances in this research field play a critical role in providing a rational basis for informed decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards.

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Editor-in-Chief

Prof. Dr. Paul B. Tchounwou

RCMI Center for Urban Health Disparities Research and Innovation,
Richard N. Dixon Research Center, Morgan State University, Baltimore,
MD 21251, USA

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