



Physical Activity and the Aging Brain: Effects of Exercise on Neurological Function

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Physical Activity and the Aging Brain: Effects of Exercise on Neurological Function is a complete guide to the manifold effects of exercise and physical activity on the aging brain. Cognitive decline and motor impairment, onset of diseases and disorders, and even changes in family structure and social settings that occur as we age can all impact activity levels, yet continued physical activity is crucial for successful neurological functioning.

This book examines the role that exercise and physical activity play in halting or modulating the deleterious effects of these numerous aging concerns by first examining the current state of research into how exercise manifests physical changes in the brain. It then discusses how physical activity combines with other lifestyle factors to benefit the aging brain, including nutrition, computerized brain training, and social engagement. Most significantly, it also covers how physical activity can serve as therapy to help alleviate the symptoms of various neurological diseases impacting aging populations, with particular emphasis on Alzheimer's disease and age-related cognitive decline.

The book provides broad coverage of the effects of exercise and physical activity on the aging brain, its therapeutic effects, and the many factors that influence the aging process.

- Presents research scientists with a complete understanding of the role of exercise in healthy brain aging
- Considers the roles of nutrition, the mind-body connection, and other lifestyle factors
- Presents a major resource for exercise and physical activity in the neurological health of older adults
- Provides a synopsis of key ideas associated with the many aspects of physical activity, along with lifestyle factors that can modify neurological diseases and age-related neurological decline

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