Does a six-month aerobic exercise intervention improve brain blood flow and cognitive function in older adults?

**Pre-/Post-intervention tests**

- Cognition
- Maximal exercise ($V_O_2 max$)
- CO$_2$ challenge
- Submaximal exercise

**Main Outcomes**

- Executive function and fluency
- Cardiorespiratory fitness
- Cerebral blood flow

Exercise improves the brain’s ability to regulate oxygen and nutrients. Improvements in blood flow are associated with enhancements in cognitive functions, like multi-tasking and problem solving.