


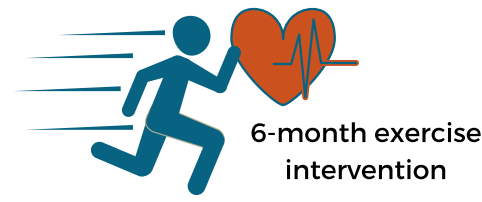
EXERCISE IMPROVES BRAIN HEALTH IN OLDER ADULTS

Guadagni et al., 2020. Neurology. DOI:

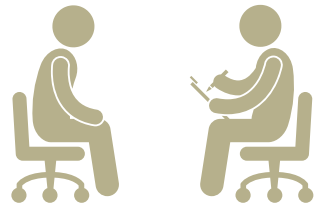

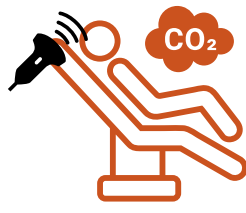

Does a six-month aerobic exercise intervention improve brain blood flow and cognitive function in older adults?



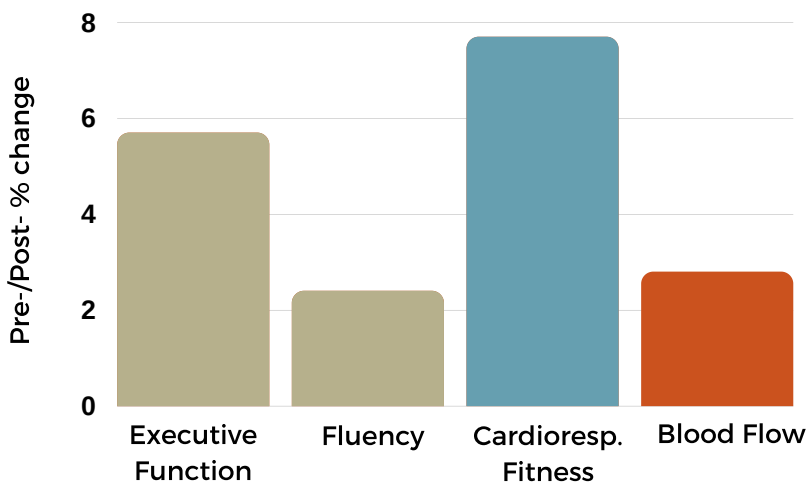
206 healthy low-active adults (50-83 yrs. old)



Pre-/Post-intervention tests

<p>Cognition</p>  <p>Executive function and fluency</p>	<p>Maximal exercise (VO₂ max)</p>  <p>Cardiorespiratory fitness</p>	<p>CO₂ challenge</p> 	<p>Submaximal exercise</p>  <p>Cerebral blood flow</p>
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Main Outcomes



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.