Data from 30 female subjects indicated that a 17.3% increase in a physical fitness index improved by 12% to 68% the information processing and decision-making capabilities of the subjects. The changes in physical fitness did not affect the performance on a variety of other tasks.

"The running recovery difference here between the HD mice and the Lrrk2 mice is likely due to the underlying mechanisms (protein aggregation versus defective signaling) impacting on neurogenesis. In mice and humans, exercise improves mood and cognition (Babyak et al 2000; Suominen-Troyer et al 1986) and delays the onset of neurodegenerative diseases among them PD.

Exercise has been shown to have benefits on cognitive function in humans (Angevaren et al., 2008; Kramer et al., 2006; Lautenschlager et al., 2008; Suominen-Troyer et al., 1986)and in rodents (Fordyce and Farrar, 1991; van..."
Praag et al., 1999; van Praag, 2008; Vaynman et al., 2004). The beneficial impact of exercise on cognition is complex, depending on not only the intensity and duration, but also on the health of the animal.

**Article:** Exercise can increase small heat shock proteins (sHSP) and pre- and post-synaptic proteins in the hippocampus
Shuxin Hu · Zhe Ying · Fernando Gomez-Pinilla · Sally Ann Frautschy
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Brain research 12/2008; 1249:191-201. DOI:10.1016/j.brainres.2008.10.054 · 2.84 Impact Factor

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**Article:** The Influence of Physical Fitness on Automatic and Effortful Memory Changes in Aging
Wojtek J. Chodzko-Zajko · Petra Schuler · Janet Solomon · Bertha Heinl · Norman R. Ellis
[Show abstract]
The International Journal of Aging and Human Development 02/1992; 35(4):265-85. DOI:10.2190/UJAQ-4LK5-2WAN-11DL · 0.62 Impact Factor

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Note: This list is based on the publications in our database and might not be exhaustive.