



## Brain Function and Health, Sports, and Exercise

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### Message from the Guest Editors

Sports and exercise have been related to acute and chronic changes in brain health and function. Despite some evidence regarding the contributions of sports and exercise to brain health and function, there is an increasing number of original research papers and systematic reviews with or without meta-analysis that may help professionals to identify which types of sport and exercise are suitable for specific improvements and the adequate duration of carrying out such activities. Additionally, there is space for further analysis of the contribution of sports and exercise to both the improvement of efficiency in work and to the mitigation of the effects of specific neurodegenerative diseases. Original studies, systematic reviews, and meta-analysis on the following main topics are welcome (but not exclusively): (i) role of exercise in neurodegenerative diseases; (ii) role of sport and exercise in cognitive performance; (iii) role of sport and exercise in brain health; (iv) effects of different sport and exercise modes on brain function and health; and (v) dose–response relationships between exercise and brain health and function.





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## Message from the Editor-in-Chief

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