



## Exercise and Brain Function—Series II

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### **Message from the Guest Editor**

Scientific evidence for the beneficial effects of exercise on brain function continues to accumulate. The risk associated with many neurological diseases can be significantly reduced with exercise; however, the need for evidence-based scientific evaluation is critical, as not all exercises are created equal. In fact, it is just as important to identify exercises that may worsen neurological conditions.

In the advent of a global pandemic, an equally important question is whether online interventions and assessments can yield the same results and scientific scrutiny that face-to-face research might. We continue to question whether certain targeted exercises could have potential for improving brain function. For example, as “multi-modal” strategies continue to gain popularity, how might we identify the specific exercises that are beneficial while isolating the others that do harm?

The current Special Issue is intended to collect a selected number of articles that demonstrate how exercise might influence brain function. It further aims to investigate how neurological populations might benefit from specific and targeted exercise.





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## Message from the Editor-in-Chief

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