

# The role of intense physical activity in protecting the ageing brain

<https://neurodegenerationresearch.eu/survey/the-role-of-intense-physical-activity-in-protecting-the-ageing-brain/>

## **Name of Fellow**

Dr Belinda Brown

## **Institution**

## **Funder**

NHMRC

## **Contact information of fellow**

## **Country**

Australia

## **Title of project/programme**

The role of intense physical activity in protecting the ageing brain

## **Source of funding information**

NHMRC

## **Total sum awarded (Euro)**

€ 407,119

## **Start date of award**

01/01/16

## **Total duration of award in years**

5.0

## **The project/programme is most relevant to:**

Alzheimer's disease & other dementias

## **Keywords**

physical activity | functional magnetic resonance imaging (fmri) | exercise | alzheimer disease | dementia

## **Research Abstract**

Previous research supports the notion that physical activity plays a role in maintaining brain

health and preventing Alzheimer's disease. Nevertheless, the type of activity (i.e. intensity of physical activity) that is of greatest benefit to the brain is yet to be established. This project aims to identify the most beneficial exercise intensity, in terms of brain health, measured utilising brain imaging technology.

**Types:**

Fellowships

**Member States:**

Australia

**Diseases:**

Alzheimer's disease & other dementias

**Years:**

2016

**Database Categories:**

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