

The role of intense physical activity in protecting the ageing brain

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

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Funder

NHMRC

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Country

Australia

Title of project/programme

The role of intense physical activity in protecting the ageing brain

Source of funding information

NHMRC

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01/01/16

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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:

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