

I have spoken at length about the importance of exercise for increasing the gene expression of BDNF, a protein that increases the growth of new brain cells. [As previously mentioned](#), research has shown that people with higher levels of BDNF are at a lower risk of developing dementia.

In this [new study](#), exercise in people age 50 or over is demonstrated to have significant effects on cognition. The report is a meta-analysis, meaning a review of other research publications (in this case, 39 studies). It's a comprehensive look at how exercise impacts the brain!

*This article originally appeared on [Dr. Perlmutter's website](#).*