

Exercise and cognitive function: An incredibly powerful intervention



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.