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Beneficial Effects of Exercise on the Brain and in Neurodegenerative Diseases

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Message from the Guest Editors

In recent years, the role of exercise on the brain during the ageing process has received considerable attention from the scientific community. This Special Issue of *Brain Sciences* aims to present a collection of innovative studies detailing the most recent advances in the field of exercise and neuroscience in healthy and pathological older people. Authors are invited to submit cutting-edge research and reviews addressing a wide range of topics related to exercise and the brain, including the epidemiology, the acute and chronic role of exercise on cognitive function, mechanisms by which exercise can alter brain function using new technologies (e.g., NIRS, MRI, Doppler, wearable sensors, AI), and the identification of biomarkers. In particular, we wish to present advances in exercise and neuroscience research that may have an important translational effect in the clinical field.



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Special Issue



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Message from the Editor-in-Chief

You are invited to contribute a research article or a comprehensive review for consideration and publication in *Brain Sciences* (ISSN 2076-3425). *Brain Sciences* is an open access, peer-reviewed scientific journal that publishes original articles, critical reviews, research notes, and short communications on neuroscience. The scientific community and the general public can access the content free of charge as soon as it is published.

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Rapid Publication: manuscripts are peer-reviewed and a first decision is provided to authors approximately 17.6 days after submission; acceptance to publication is undertaken in 2.5 days (median values for papers published in this journal in the second half of 2025).

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