



Physical Exercise for Brain Health and Longevity

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Message from the Guest Editors

The propensity for regular and repeated physical exercise to induce the alleviation of fragility, fatigue, stress–distress, cognitive and affective problems, as well as selective vulnerability perturbations promotes hormesis, synthesis of neurotrophic factors, anti-inflammation, and/or autophagy, resulting in cellular repair and regeneration, and through the disruption of homeostasis and manifestation of adaptive responses, instigates multi-layered resilience. Physical activity schedules maintain an hormesic influence upon both psychological and somatic health parameters over a broad range of medical disorder conditions through the progression of resilience to neurodegenerative disorders, diabetes, stroke, sarcopenia, osteopenia, immunosenescence, and metabolic syndrome, thereby presenting an essential health prerogative, particularly among aging individuals. This Special Issue will focus on factors related to exercise compliance and both frequency and intensity, the effects of exercise interventions, and both theoretical and empirical venues of future research.





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Message from the Editor-in-Chief

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