



The Benefits of Physical Activity and Exercise in Motor and Cognitive Functions in Older Adults

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Message from the Guest Editors

The growing proportion and longevity of older adults is a global phenomenon, as recognized by the United Nations (Department of Economic and Social Affairs, 2019). In this context, a significant challenge in the years to come is to provide appropriate conditions and services for older adults to live a long and healthy life. Both motor skills and motor fitness could benefit from active physical lifestyles and regular engagement in exercise. This is particularly relevant for older adults, as they tend to experience mobility problems, a higher risk of falls and a decline in the performance of daily living activities. Besides, cognitive functioning also undergoes detrimental changes during ageing, affecting older adults' functional status and quality of life. In this regard, in recent years there has been growing interest about the impact of exercise on cognition and brain health, including on the underlying mechanisms. For this Special Issue, authors are invited to submit original studies or review recent work on the benefits of physical activity and exercise on motor and/or cognitive functioning and related aspects in both healthy ageing and age-related pathological conditions.

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Message from the Editor-in-Chief

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