



## Effects of Lifestyle Factors and Exercise on Brain Plasticity and Underlying Neurobiological Mechanisms

Guest Editor:

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Deadline for manuscript  
submissions:

**closed (31 December 2020)**

### Message from the Guest Editor

For an upcoming Special Issue in the *Journal of Clinical Medicine*, we invite investigators to contribute perspectives, reviews, and original research articles.

Potential topics may include, but are not limited to:

- Effects of multimodal lifestyle interventions on cognition and brain plasticity;
- Effects of acute and chronic physical activity on cognition and brain plasticity;
- Neurobiological mechanisms of exercise-induced neuroplasticity;
- Effects of diet on cognition and brain plasticity;
- Effects of dietary supplements on cognition and brain plasticity;
- Role of lifestyle factors (e.g., sleep, stress, education) on cognition and brain plasticity;
- Role of multimodal lifestyle interventions in dementia prevention;
- Role of exercise in childhood development.





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## Message from the Editorial Board

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