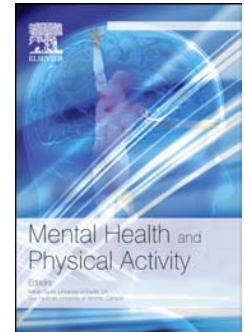


Accepted Manuscript

Impact of Aerobic Exercise on Neurobehavioral Outcomes

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PII: S1755-2966(13)00029-X

DOI: [10.1016/j.mhpa.2013.06.008](https://doi.org/10.1016/j.mhpa.2013.06.008)

Reference: MHPA 114

To appear in: *Mental Health and Physical Activity*

Received Date: 1 December 2012

Revised Date: 27 June 2013

Accepted Date: 28 June 2013

Please cite this article as: Smith, P.J., Potter, G.G., McLaren, M.M., Blumenthal, J.A., Impact of Aerobic Exercise on Neurobehavioral Outcomes, *Mental Health and Physical Activity* (2013), doi: 10.1016/j.mhpa.2013.06.008.

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- 1) Aerobic exercise improves neurocognitive function in a number of domains.
- 2) The effects of aerobic exercise on neurocognition appear to be stronger among individuals vulnerable for dementia.
- 3) Aerobic exercise increases neurogenesis within hippocampal subregions.

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