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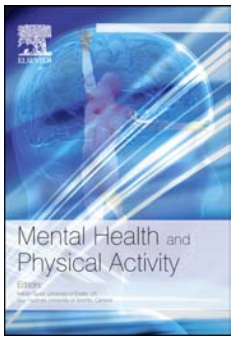


Impact of Aerobic Exercise on Neurobehavioral Outcomes

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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.