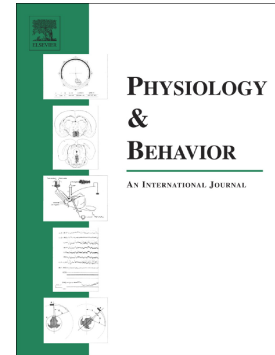


Accepted Manuscript

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PII: S0031-9384(17)30259-7
DOI: doi: [10.1016/j.physbeh.2017.08.013](https://doi.org/10.1016/j.physbeh.2017.08.013)
Reference: PHB 11888
To appear in: *Physiology & Behavior*
Received date: 9 June 2017
Revised date: 17 August 2017
Accepted date: 18 August 2017

Please cite this article as: Joshua M. Turner, Douglas A. Marsteller, Anita T. Luxkaranyagam, John M. Fletcher, Nina S. Stachenfeld, Mild exercise in female subjects impairs complex learning independent of hydration status and emotion. The address for the corresponding author was captured as affiliation for all authors. Please check if appropriate. *Phb*(2017), doi: [10.1016/j.physbeh.2017.08.013](https://doi.org/10.1016/j.physbeh.2017.08.013)

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Mild exercise in female subjects impairs complex learning independent of hydration status and emotion

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Source of Support: PepsiCo, Inc

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Word count:

Highlights

- Exercise can impair executive function.
- Exercise effects on cognitive function are independent of emotion
- Determination of hydration with Potters Scale
- Mild exercise effects on cognitive function are independent of hydration status

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