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Title: The effects of aerobic exercise on depression-like, anxiety-like, and cognition-like behaviours over the healthy adult lifespan of C57BL/6 mice.

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Title The effects of aerobic exercise on depression-like, anxiety-like, and cognition-like behaviours over the healthy adult lifespan of C57BL/6 mice.

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Highlights for “The effects of lifelong aerobic exercise on depression-like, anxiety-like, and cognition-like behaviours over the healthy adult lifespan of C57BL/6 mice.”

- Lifetime exercise can reduce overt anxiety in healthy ageing mice
- However lifetime exercise may increase neurogenesis-associated anxiety
- Exercise related freezing extended spatial learning latencies in young female mice
- Cognition in healthy ageing is both enhanced and impaired by lifelong exercise
- During healthy ageing, lifelong exercise did not impact notably on depression

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