

## Accepted Manuscript

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PII: S2213-1582(17)30270-X  
DOI: doi:[10.1016/j.nicl.2017.10.028](https://doi.org/10.1016/j.nicl.2017.10.028)  
Reference: YNICTL 1179  
To appear in: *NeuroImage: Clinical*  
Received date: 11 April 2017  
Revised date: 9 October 2017  
Accepted date: 28 October 2017

Please cite this article as: Chia-Liang Tsai, Jozef Ukropec, Barbara Ukropcová, Ming-Chyi Pai , An acute bout of aerobic or strength exercise specifically modifies circulating exerkine levels and neurocognitive functions in elderly individuals with mild cognitive impairment. The address for the corresponding author was captured as affiliation for all authors. Please check if appropriate. Ynicl(2017), doi:[10.1016/j.nicl.2017.10.028](https://doi.org/10.1016/j.nicl.2017.10.028)

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**An acute bout of aerobic or strength exercise specifically modifies circulating exerkin levels and neurocognitive functions in elderly individuals with mild cognitive impairment**

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**Running title:** Resistance and aerobic exercises, Biochemical and neurocognitive changes, MCI

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