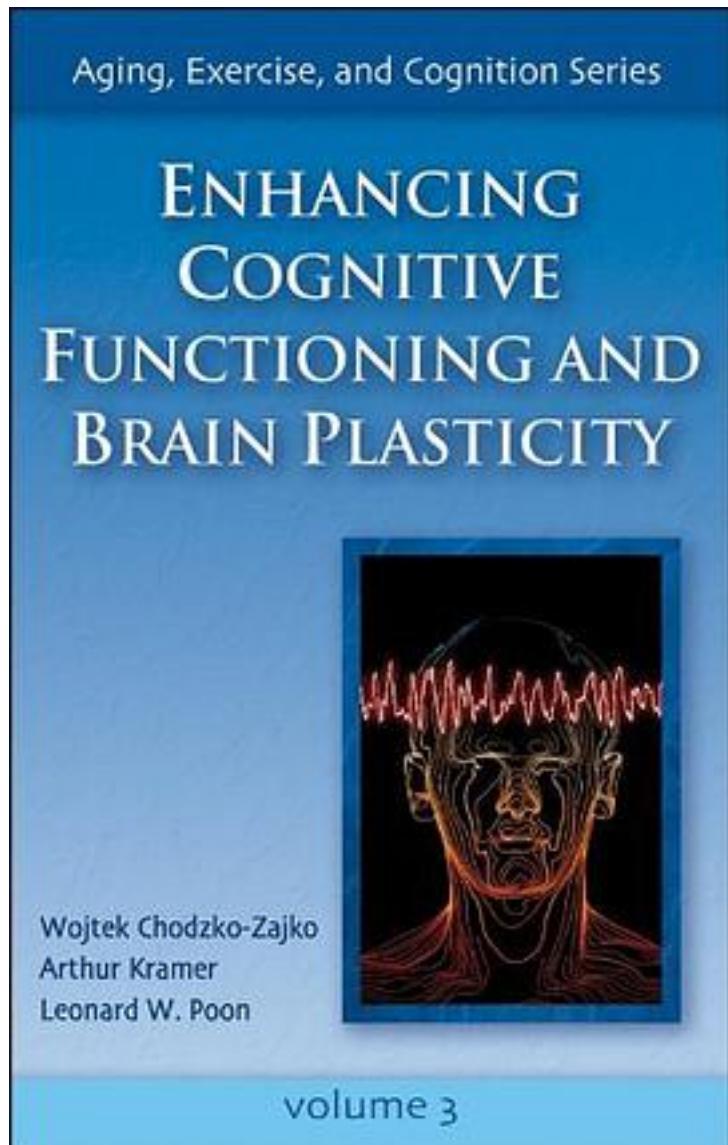


Enhancing Cognitive Functioning and Brain Plasticity



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This text offers a synergistic view of the complex role of exercise, physical activity and intellectual stimulation in the cognitive and brain functioning of older adults. Readers will deepen current knowledge and expand their perspectives regarding the influence of exercise and physical activity on the ageing brain. As the final text of the three-volume "Aging, Exercise, and Cognition" series, this volume examines exercise and non-exercise interventions shown to influence cognition and brain plasticity in elderly humans and older animals. Readers interested in the effects of environment on the psychosocial functioning of older adults will find compelling evidence regarding the positive influence of cognitive training and intellectual engagement. The book also discusses the effects of exercise on the reduction of age-related declines in both context-specific skills and broader processes and abilities.

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