BRAIN AND EXERCISE

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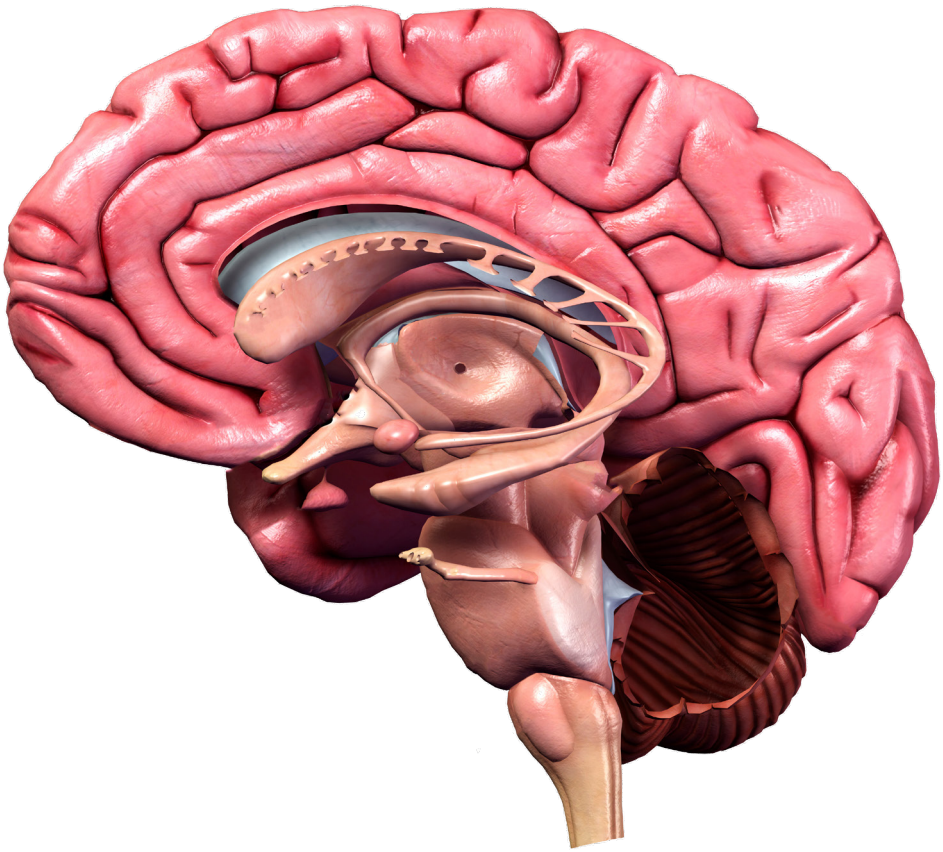
PREFACE

The brain is a complex and dynamic organ that operates within a constantly changing network system. This book underscores the pivotal role of exercise in shaping this dynamic structure, influencing factors such as blood flow, brain oxygenation, neuronal plasticity, and the function of brain lobes. It serves as a reminder that we can actively shape our brain's health through exercise, a topic of immense importance and relevance in today's fast-paced world.

This book delves into the intricate relationship between the brain's structure and exercise. Chapter 19 explores the fascinating world of neuronal development, an ongoing process throughout life. We discuss the correlation between cortical brain regions and exercise and the impact of exercise on memory and executive functions. This captivating study area is sure to keep the audience engaged and intrigued.

Gratitude for the Pioneers: Acknowledging the Invaluable Contributions of Asst. Prof. Dr. Boonlerst Outayanik, Muhammet Küçükkoras, Tugba Küçükerdem, and Lecturer Sinan Dinç



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