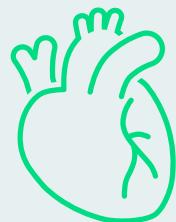
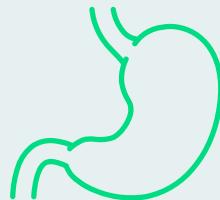


Exercício é para o Cérebro



Risco Cardiovascular

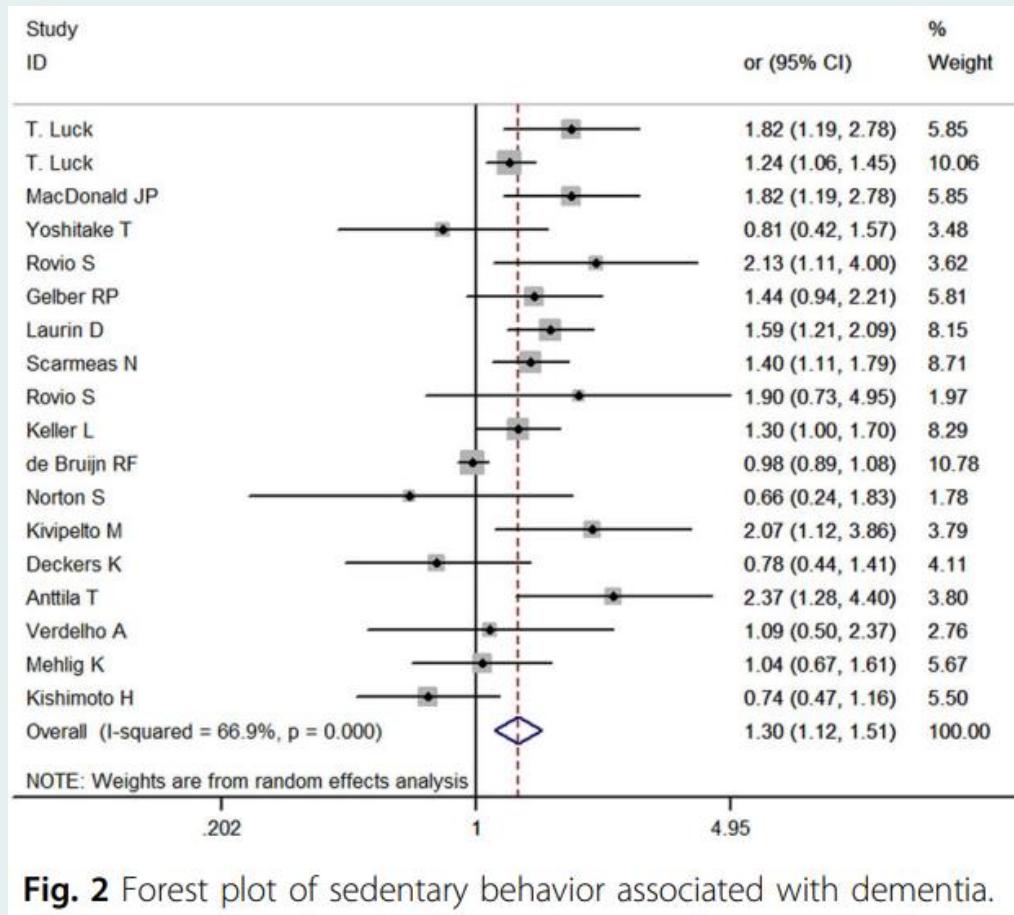


Risco Metabólico



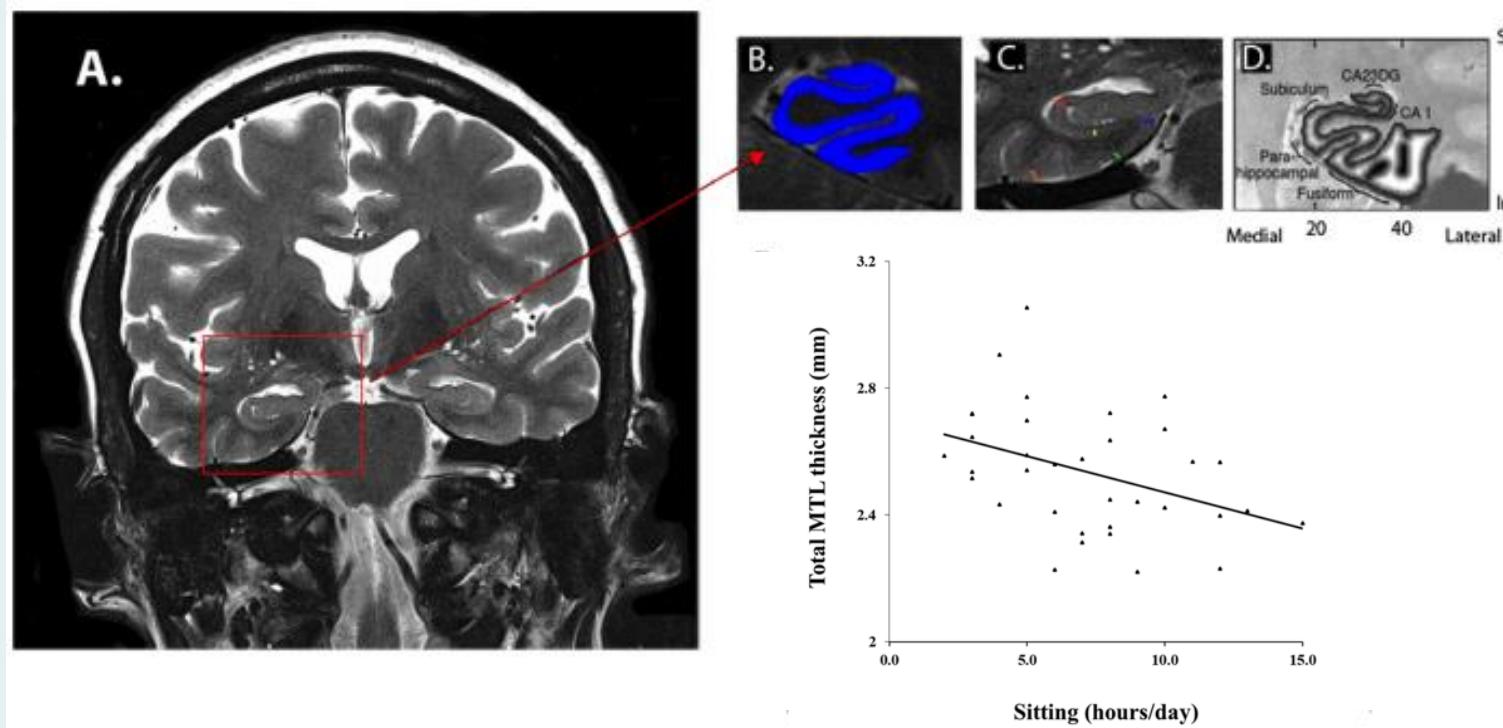
Risco Psiquiátrico

Sedentarismo e Demência



Sedentarismo e Atrofia Cerebral

Volume do Lobo Temporal Medial (Hipocampo)



Melhora Cognitiva em Idosos

D. Gallardo-Gómez et al.

Ageing Research Reviews 76 (2022) 101591

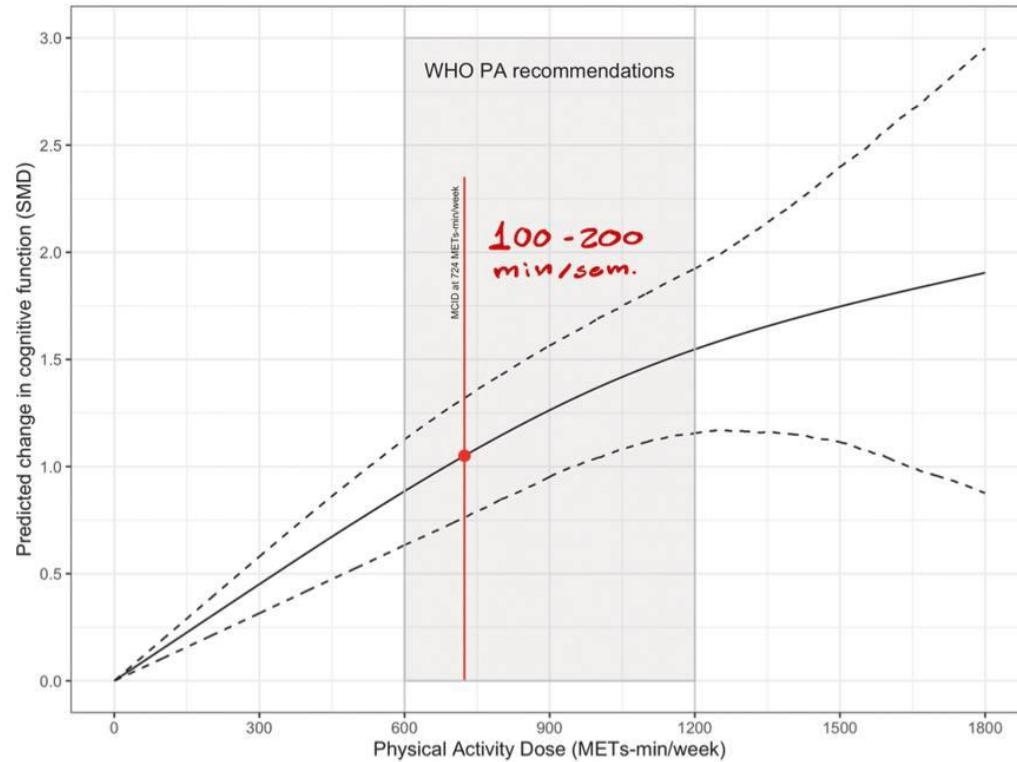
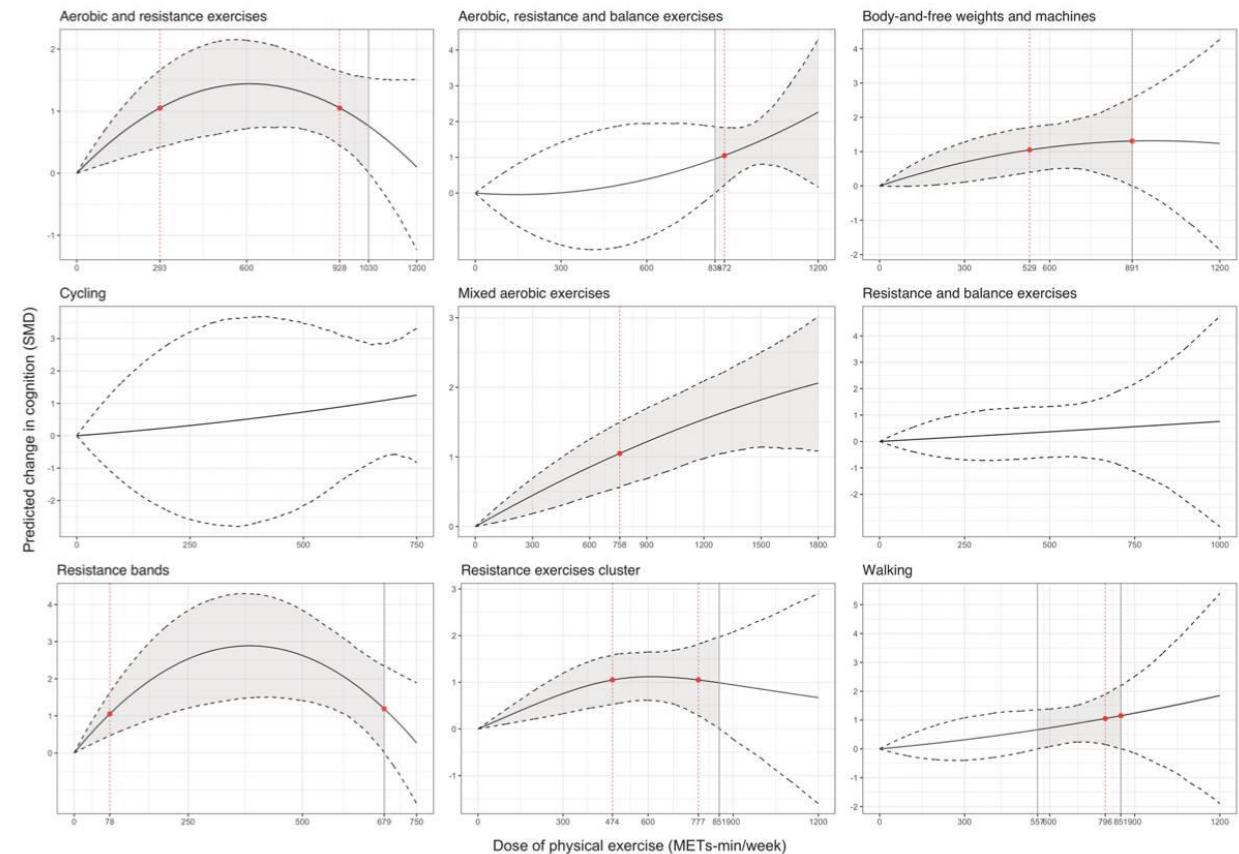


Fig. 2. Dose-response association between overall physical activity dose and change in cognitive function in older adults. P -value from the second spline = 0.032.

Melhorar por Modalidade

D. Gallardo-Gómez et al.

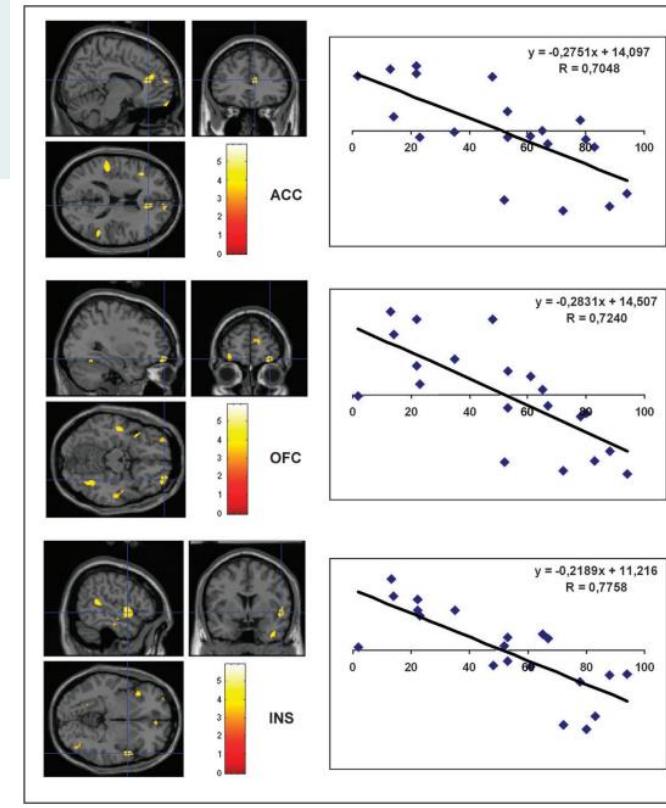
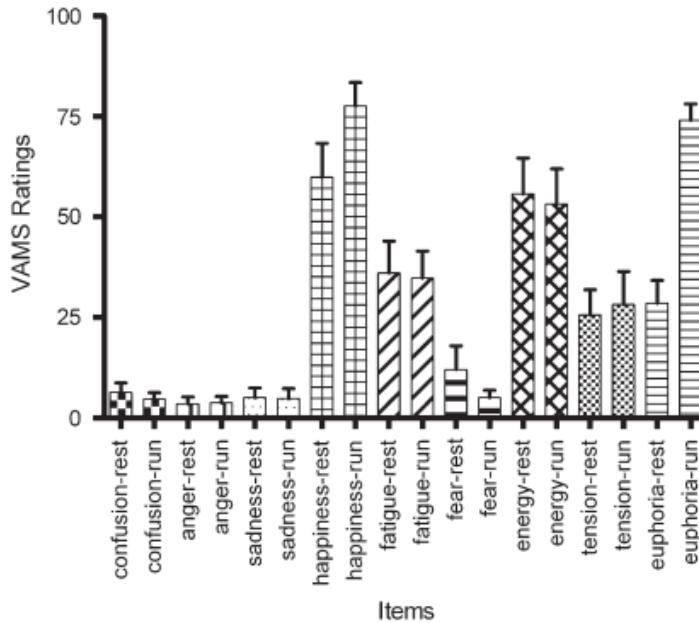
Ageing Research Reviews 76 (2022) 101591



Naturalmente Prazeroso

Oopíodes Endógenos

The Runner's High: Opioidergic Mechanisms in the Human Brain

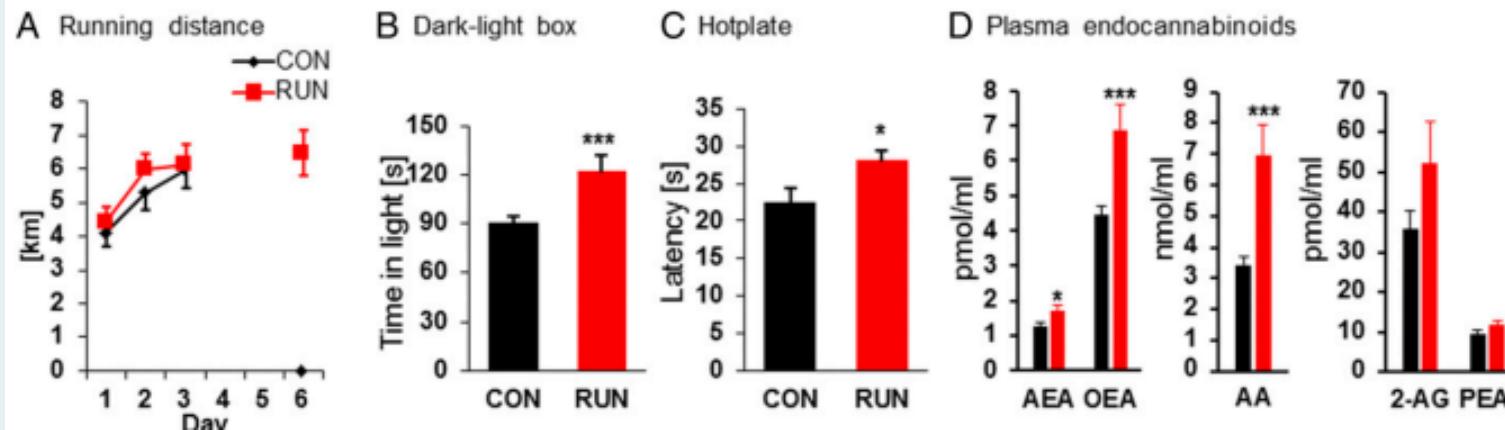


Naturalmente Prazeroso

Canabinoides Endógenos

A runner's high depends on cannabinoid receptors in mice

Johannes Fuss^{a,b,1,2}, Jörg Steinle^{a,1}, Laura Bindila^c, Matthias K. Auer^d, Hartmut Kirchherr^e, Beat Lutz^c, and Peter Gass^a



Treino, Atividade, Movimento

