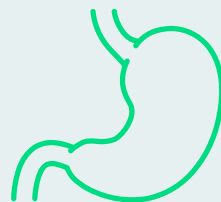


# Exercício é para o Cérebro

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Risco Cardiovascular

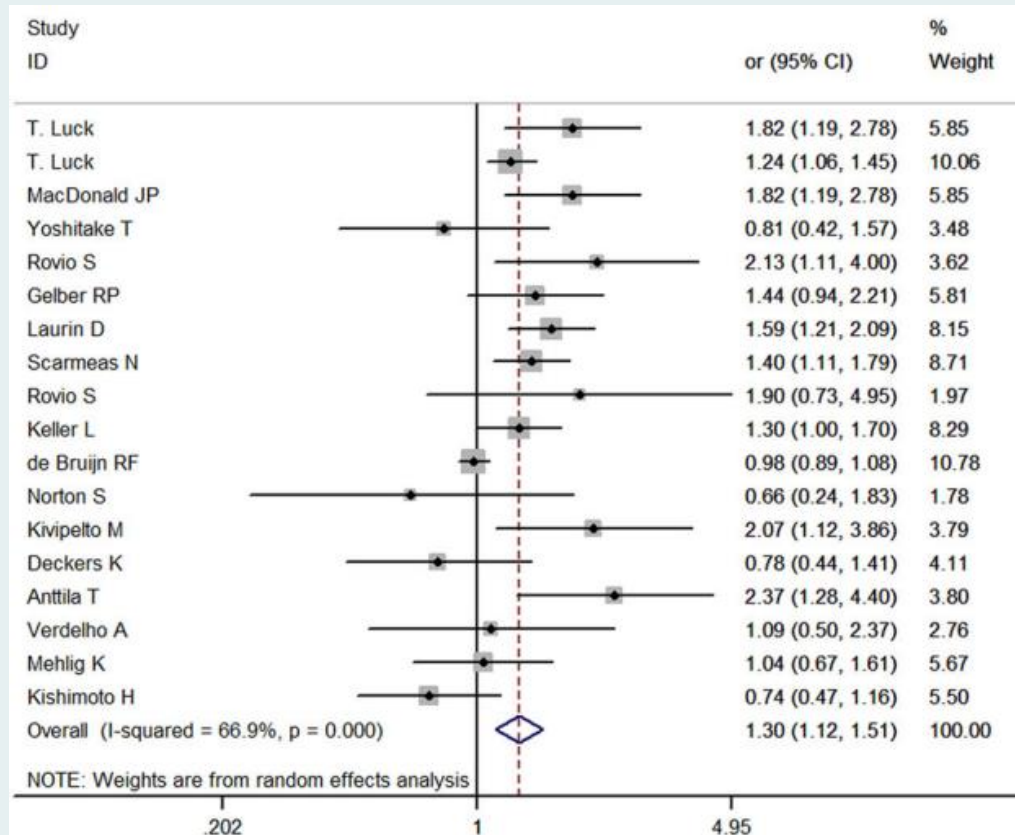


Risco Metabólico



Risco Psiquiátrico

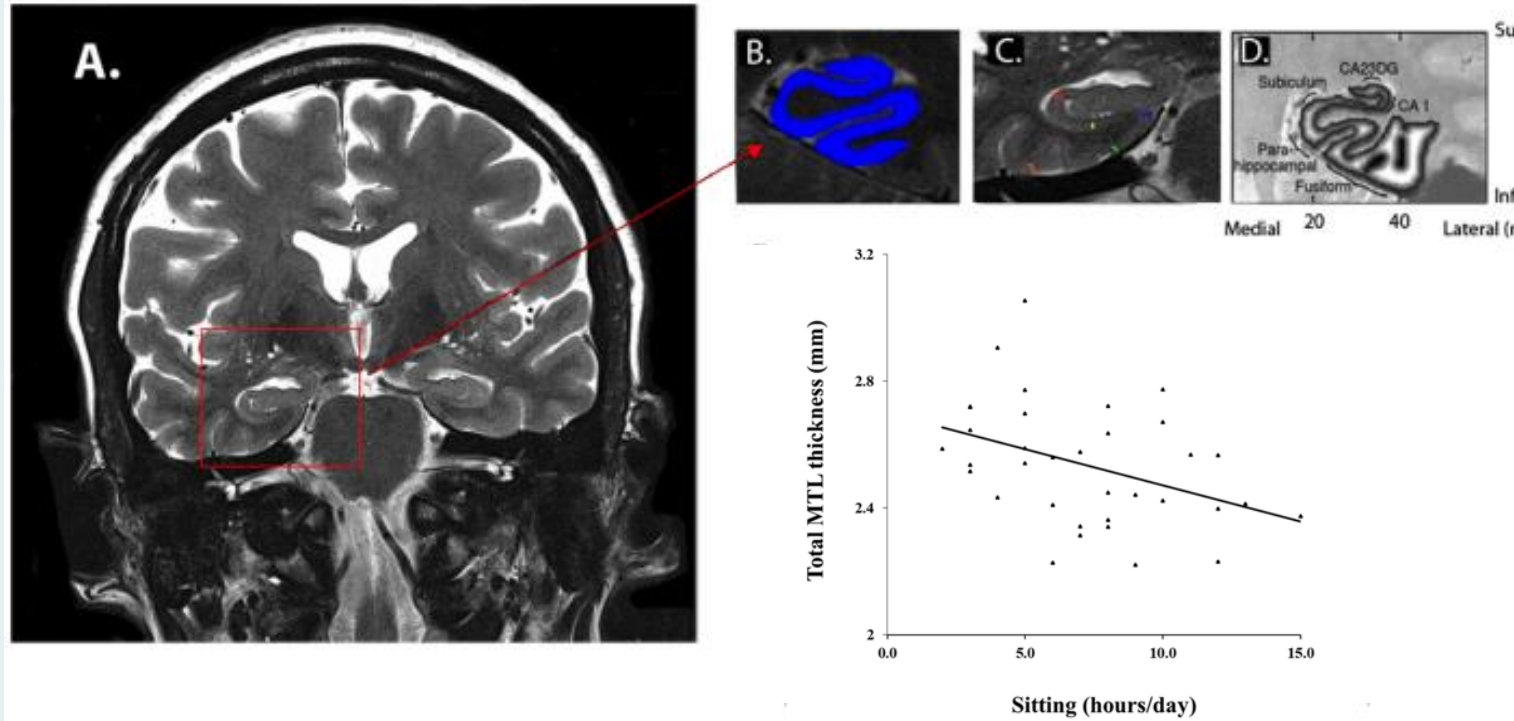
# Sedentarismo e Demência



**Fig. 2** Forest plot of sedentary behavior associated with dementia.

# 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

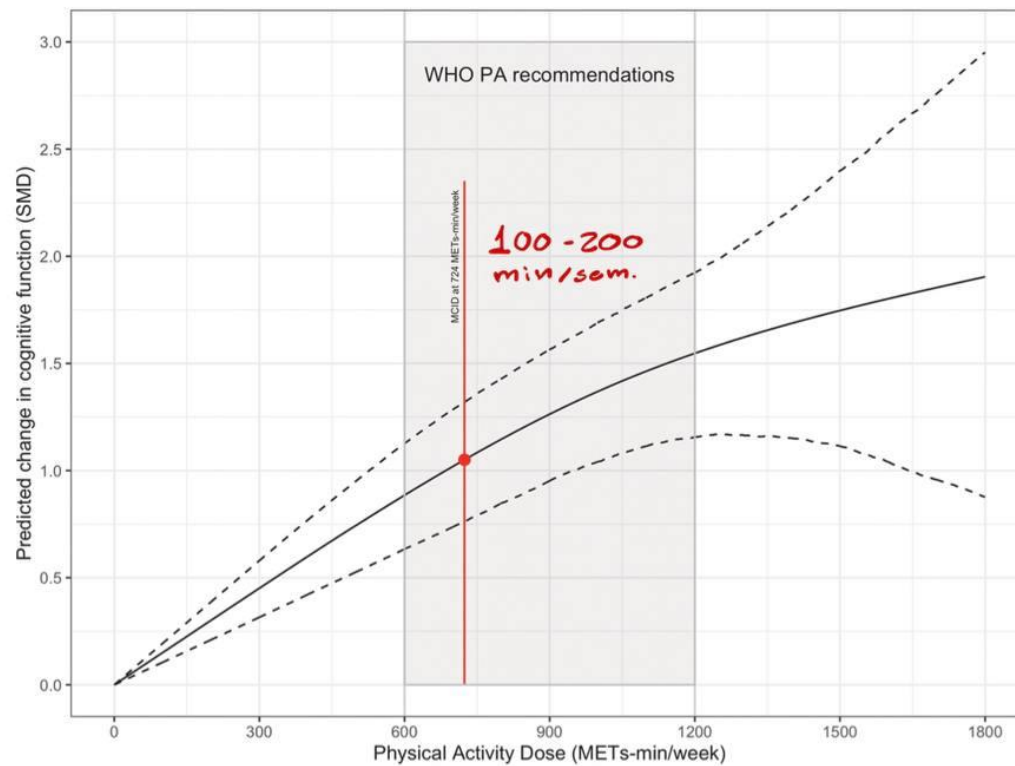
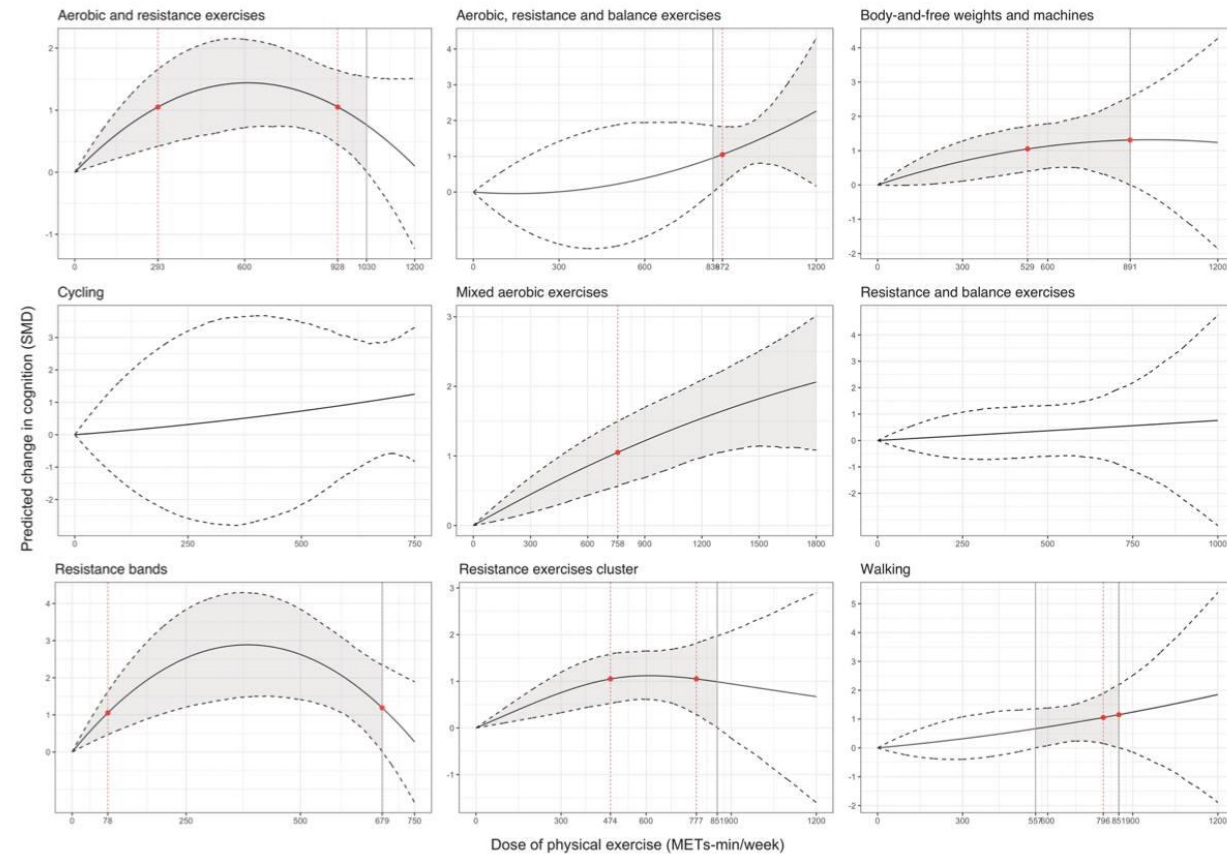


Fig. 2. Dose-response association between overall physical activity dose and change in cognitive function in older adults. *P*-value from the second spline = 0.032.

# Melhora por Modalidade

D. Gallardo-Gómez et al.

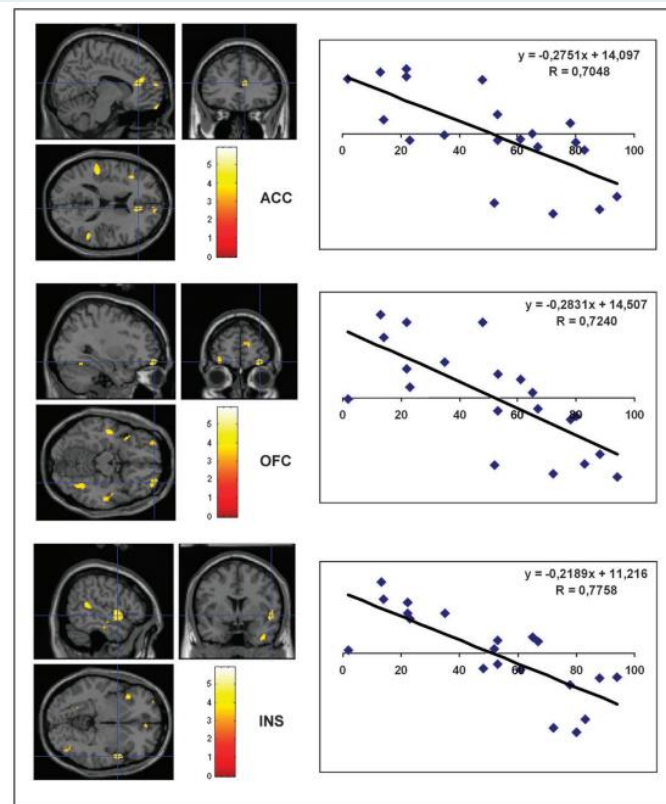
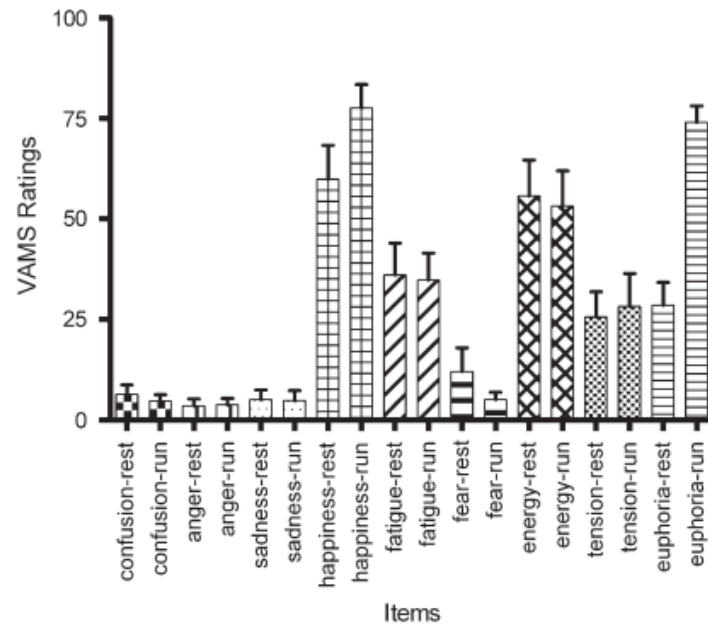
Ageing Research Reviews 76 (2022) 101591



# Naturalmente Prazeroso

## Opioides Endógenos

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

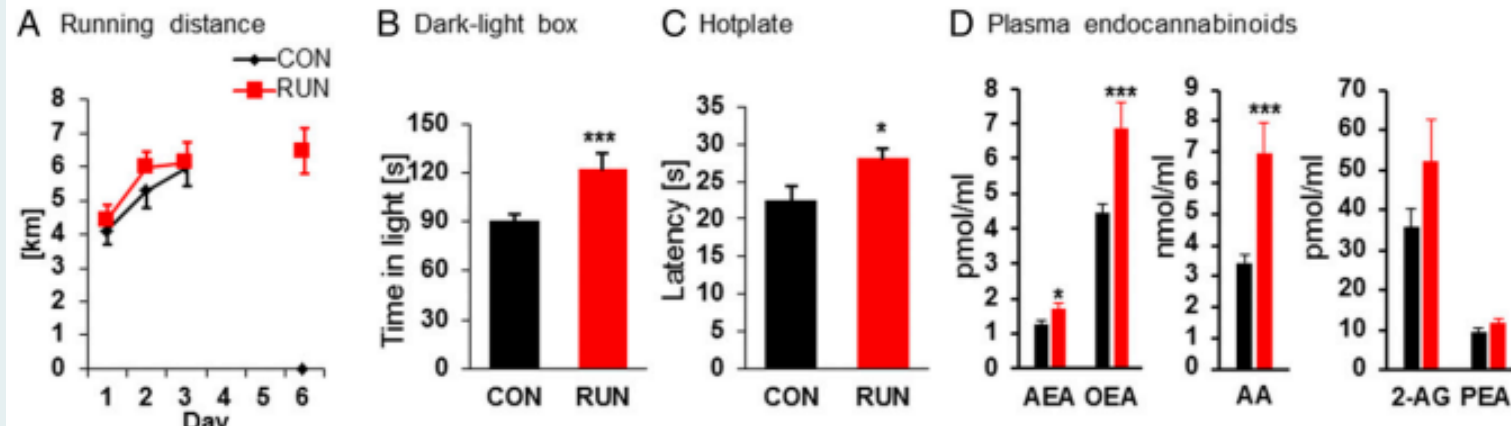


# Naturalmente Prazeroso

## Canabinoides Endógenos

### A runner's high depends on cannabinoid receptors in mice

Johannes Fuss<sup>a,b,1,2</sup>, Jörg Steinle<sup>a,1</sup>, Laura Bindila<sup>c</sup>, Matthias K. Auer<sup>d</sup>, Hartmut Kirchherr<sup>e</sup>, Beat Lutz<sup>c</sup>, and Peter Gass<sup>a</sup>



# Treino, Atividade, Movimento

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