pathway that produces the neural-growth protein, BDNF. Increased BDNF in the brain promotes forming and storing memories, overall learning, and cognitive performance.[5] BDNF production was three times greater with six-minute bouts of vigorous cycling than ninety minutes of low intensity cycling.[5] One hypothesis for the increased BDNF production is due to the buildup of lactate during vigorous exercise, where the switch to lactate metabolism initiates BDNF producing pathways.[5] Whether utilized as a treatment method or a preventive measure for Alzheimer's disease, high intensity exercise poses benefits in maintaining brain connectivity.

References

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