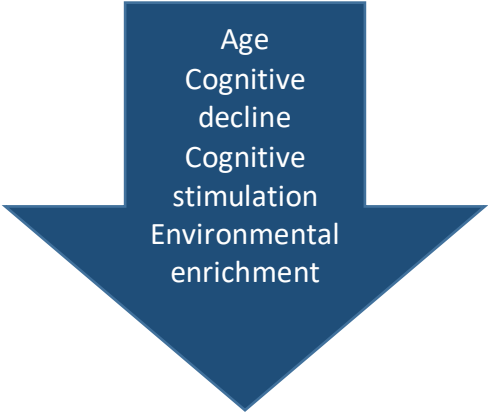


- Age
- Gender
- Genotype
- Hormonal status
- Cardiovascular responsiveness



- Physical exercise
- Aerobic exercise
- Resistance training
- Coordination training
- Physical activity everyday



- Central nervous system:
- Cerebral blood flow
- Neurotrophins
- Transmitters
- Neuronal tissue
- Neurogenesis



- Cognition
- Executive functions
- memory
- spatial learning
- Cognitive speed
- Psychomotor functions
- Attention

- Factors determining whether people start exercising or maintain physical activity:
- Health status
  - Education
  - Affect towards physical activity
  - ...

