

Physical Exercise, Physical Activity and the Benefits of the Memory of Elderly

Abstract

Has been proposed that physical activity and physical exercise can promote an effective means with low cost for the prevention of cognitive deficits in the ageing process. In this context, the current review aim to assess the evidences of benefits from physical activity and exercise to aging memory. Were accessed studies that examine the effects of an active lifestyle on memory as well as the acute and chronic, aerobic and resistance exercise on memory's answer, the effects' comparisons of these exercises modalities on cognition and the different combinations of exercise components on the memory. Concluded that there is compelling evidence that physical activity and exercises promoting benefits to memory but there are many gaps in knowledge.

Key Words: physical activity, physical exercise, memory, cognition, ageing.