

unraveling reading
comprehension behavioral
neurobiological pdf - One
of the most significant
effects of exercise on the
brain is the increased
synthesis and expression of
BDNF, a neuropeptide
hormone, in the brain and
periphery, resulting in
increased signaling through
its receptor tyrosine kinase,
tropomyosin receptor
kinase B (TrkB).
Neurobiological effects of
physical exercise -
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