CONTENTS

Foreword vii
Contributors ix
Preface xi

CHAPTER 1 National Blueprint: Increasing Physical Activity Among Adults 50 and Older: Implications for Future Physical Activity and Cognitive Functioning Research 1
Wojtek Chodzko-Zajko

CHAPTER 2 Physical Activity, Cognition, and Aging: A Review of Reviews 15
Phillip D. Tomporowski

CHAPTER 3 Commonalities in Aging- and Fitness-Related Impact on Cognition 33
Leonard W. Poon and Carol Ann Harrington

CHAPTER 4 Effect of Exercise on Cognition in Older Adults: A Reexamination of Proposed Mechanisms 51
Robert E. Dustman and Andrea White

CHAPTER 5 Current Findings in Neurobiological Systems’ Response to Exercise 75
Philip V. Holmes

CHAPTER 6 Measurement of Physical Activity 91
Rod K. Dishman
Contents

CHAPTER 7  Assessing Physical Performance in Older Adults  113
M. Elaine Cress

CHAPTER 8  Sleep, Mood, and Chronic Pain Problems  133
Patrick J. O'Connor

CHAPTER 9  Brain Blood Flow and Methodological Considerations  145
Kevin McCully and Yagesh Bhambhani

L. Stephen Miller

CHAPTER 11  Issues of Aging, Physical Activity, Cognition, and Putative Mechanisms for a Relationship: A Discussion  187
Waneen W. Spirduso

References  197
Index  239
About the Editors  249