

International E-Conference on

# NUTRITION AND FOOD SCIENCE

December 09-10, 2020 | Virtual Webinar

## Effects of Physical Activity on Brain Energy Biomarkers in Alzheimer's Diseases

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The prevalence of dementia has substantially increased worldwide. Currently, there is no cure for dementia or Alzheimer's Disease (AD), and care for affected patients is financially and psychologically costly. Of late, more attention has been given to preventive interventions—in particular, physical activity/exercise. In this review, examine the risk factors associated with AD and the effects physical activity may play in the prevention of the degenerative process of this disease, loss of memory and cognitive performance in the elderly. To date, research has shown that physical activity, especially aerobic exercise, has a protective effect on cognitive function and memory in the elderly and Alzheimer's patients. In comparison with aerobic exercise, several strength training studies have also shown positive effects, and the rare studies that compare the two different modalities show no difference.

**Keywords:** Alzheimer's; physical activity; Prevention and Memory

### Biography:

Navin H. Khan is the sports nutritionist, exercise physiologist, and Chief Scientific Officer for Immune Whey LLC. He has conducted over 1000 VO2 max and resting metabolic assessment. He is known for Determining client-specific nutrient and energy requirements, with consideration to specific lifestyles, physiology and medical concerns of all his clients. His research areas focus on the effect of dietary supplements on brain health and exercise performance. His passion is researching, innovating, and pushing the boundaries of human performance, sports nutrition, and exercise physiology. His career is dedicated to educating and motivating others to be optimal in their approach to naturopathic nutrition, training, and supplementation.