



## ISM Lunchtime Seminar Series

The ISM Lunchtime Seminars are online monthly events, which take place on Thursdays, 12:00-12:30h, and are open to all interested colleagues and students. ISM researchers and guest speakers present their work during a 15 min seminar, in the English language, followed by a brief Q&A session.

We are happy to announce our next speaker: Prof. Dr. Henning Budde.

### **Title: Neurobiological effects of exercise**

**Abstract:** The human brain adapts to changing demands by altering its functional and structural properties (neuroplasticity) which results in learning and acquiring skills. Convergent evidence from both human and animal studies suggests that enhanced physical exercise facilitates neuroplasticity of certain brain structures and as a result cognitive functions as well as affective and behavioral responses. There is evidence linking increased physical exercise with an enhancement of neurogenesis, synaptogenesis, angiogenesis, and the release of neurotrophins as well as neuroendocrinological changes, which are associated with benefits in cognitive and affective as well as behavioral functioning (such as fine motor functioning).

**When:** 21<sup>st</sup> April 2022 at 12:00h

**Where:** MS-Teams (to join, please click [here](#))

### **Please follow the rules below to make these seminars a success:**

- Please use your real name while entering the meeting. Participants with cryptic names will not be given access to the seminar.
- Please turn off your microphone while the seminar is taking place.
- Please feel free to ask questions!

### Contact information

Please contact [Dr. Deeksha Malhan](#) or [Dr. Annakarina Mundorf](#) for further information.