



#BHE2026

Accepted communications

Title	Name	Final assessment
pTau217 levels moderate exercise-related changes in cortical thickness and volume: results from IGNITE	Patricio Solis-Urra	Accepted as an oral presentation
Beyond the Built Environment: Neighborhood Deprivation and Brain Structure are Linked through Sedentary Behavior in Older Adults at Risk for Dementia	Carmen-Maria Colceriu	Accepted as an oral presentation
Effects of 24-week resistance exercise on cerebral blood flow in older adults: Preliminary results from the AGUEDA Randomized Controlled Trial	Lucía Sánchez-Aranda	Accepted as an oral presentation
Effects of HIIT-based interventions on Alzheimer's Disease plasma biomarkers in people living with cardiovascular disease	Marcos Olvera-Rojas	Accepted as an oral presentation
Not all movement behaviours equally: differential associations of 24-hour movement behaviours with mental health in Swedish preschool children. A compositional data analysis from the CAP Project	Andrea Rodriguez-Solana	Accepted as an oral presentation
Effects of Different Types of School-Based Physical Activity Interventions on Executive Function, EEG Activity, and Mental Fatigue in Adolescents: The MENTALFIT Study	Tomás García Calvo	Accepted as an oral presentation
Take a Walk With Your Brain: A Randomized Controlled Trial Comparing Cognitive Effects of a Cognitively Enriched Walking Program versus Walking-Only and Control in Community-Dwelling Older Adults	Jannique van Uffelen	Accepted as an oral presentation
Personality shapes motivation but not psychological outcomes in older adults: evidence from the PRO-Training randomized controlled trial	Óscar Martínez-de-Quel	Accepted as an oral presentation
Resistance Exercise Effects on Brain Aging: Secondary Analysis of a Randomized Clinical Trial	Teresa Liu-Ambrose	Accepted as an oral presentation
Aerobic training induces frequency-specific reorganization of directed brain networks	Tomasz S. Ligeza	Accepted as an oral presentation
24-Hour Movement Behaviour Profiles and Cognition in Middle-Aged and Older Adults: A Cross-Sectional Analysis of the Canadian Longitudinal Study on Aging	Guilherme Moraes Balbim	Accepted as an oral presentation
Childhood Adversity and Physical Activity Interact to Shape White Matter Microstructure in Thalamo-Occipital and Posterior Callosal Pathways	Lemye Zehirlioglu	Accepted as an oral presentation



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Multidomain indicators of response to remote lifestyle-based rehabilitation after chronic stroke: integrated findings from the MindFit trial	Maria Mataro	Accepted as an oral presentation
The (cost-)effectiveness of exercise therapy adjunct to guideline-concordant care for depression: A pragmatic randomised controlled trial	Michele Schmitter	Accepted as an oral presentation
The Effects of Acute Exercise and Aerobic Fitness on Memory Performance	Sarah Bartlett	Accepted as a poster
Immediate exercise-type-specific plasma proteomic and Alzheimer's disease biomarker responses: preliminary findings from the flADex crossover trial	Isabel Martín-Fuentes	Accepted as a poster
Lifestyle and physiological health shape brain fog during the menopausal transition	Flaminia Ronca	Accepted as a poster
Physical Fitness as Predictor of Affective Health in Middle-Aged Women with Psychological Distress: The Exer-WAPA Project	Luis Mariano Arcediano-Consuegra	Accepted as a poster
Anterior Midcingulate Cortex Volume and Cognitive Performance in Aging: Independence from Fitness and Alzheimer's Disease Biomarkers	Michelle Villarroel	Accepted as a poster
HIIT and HIIT plus Resistance Training on Cerebral Blood Flow in Individuals with Coronary Artery Disease: Preliminary Findings from The Heart-Brain Randomized Controlled Trial	Angel Toval	Accepted as a poster
Associations of Muscular Strength with Anxiety Symptoms in Familial Hypercholesterolemia: Preliminary Analyses from the UPPA-FH Study	María José Martín Jáimez	Accepted as a poster
Domain-specific physical activity and Alzheimer's disease blood-based biomarkers in cognitively normal older adults: preliminary cross-sectional analysis from the AGUEDA trial	Rocio Izquierdo-Gomez	Accepted as a poster
The association between sedentary behaviour and cognitive performance depends on muscle power	Veronica Mihaiescu-Ion	Accepted as a poster
Exploring the Role of Cardiac Autonomic Modulation, Cardiorespiratory Fitness, and Sleep Quality in Psychological Distress: The Exer-WAPA Study in Middle-Aged Women.	Jaime Lebrón-Roldán	Accepted as a poster



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Gray Matter Volume Modulates the Effect of Acute Physical Activity on Reading Comprehension and Cognitive Load in Adolescents – The Cogni-Action Project	Natalia Quijada-Mateluna	Accepted as a poster
Association between dietary patterns and biomarkers of Alzheimer's disease in cognitively normal adults: preliminary findings from AGUEDA trial	María Gabriela	Accepted as a poster
Associations Between Physical Fitness Components and Regional Cortical Thickness in University Students	Neus Camins-Vila	Accepted as a poster
Associations between Life's Essential 8 and white matter integrity in cognitively normal older adults from the AGUEDA trial.	María Teresa Rodríguez Palacios	Accepted as a poster
Can Physical Exercise boost Digital Literacy Learning in Older Adults: A pilot study	Diego Pastor	Accepted as a poster
Effects of a 12-Week Cardiac Rehabilitation Program on Stroop Performance in Patients with Coronary Artery Disease.	Ana Sanz Rocher	Accepted as a poster
Physical Activity and All-Cause Mortality by Depression and Treatment Status: data from the U.S. National Health Interview Survey	Salud Pintos-Carrillo	Accepted as a poster
Using steps to improve functional capacity, cardiovascular and brain health in adults with heart failure: design of the STEP-IN randomized controlled trial	Sol Vidal-Almela	Accepted as a poster
Two-decade trends in the association between physical activity and psychological distress in US adults: evidence from the National Health Interview Survey, 1998–2018.	Freddy Narváez	Accepted as a poster
Acute Effects of Exercise on Executive Function and Memory in Patients with Ischemic Heart Disease.	Jose Manuel Sarabia	Accepted as a poster
Integrating muscle function and cognition as healthspan outcomes in a multimodal lifestyle intervention for individuals with subjective cognitive decline: preliminary framework from the VITA study	Laura Forcano	Accepted as a poster
Efficacy of Combining Multicomponent Training with Physically Active Lifestyle Recommendations on Cognitive Function of Older Adults with Probable Mild Cognitive Impairment: MOVEMENTE Study Protocol	Nádia Bezerra	Accepted as a poster
Cardiorespiratory fitness supports working memory through adaptive neural recruitment in cognitively	Cristina Molina-Hidalgo	Accepted as a poster



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unimpaired older adults		
Effects of resistance training on brain age and the pace of aging derived from magnetic resonance imaging: preliminary results from the AGUEDA trial.	Javier Sanchez-Martinez	Accepted as a poster
Exercise modulates proteins of circulating extracellular particles in the elderly at risk of accelerated cognitive decline	Nikoleta Alchus Laiferová	Accepted as a poster
Differential prefrontal and parietal activity in surgeon brains between conventional and robotic-assisted arthroplasty	Uzair Hakim	Accepted as a poster
Effects of a 24-Week Resistance Exercise Intervention on regional White Matter Hyperintensities: findings from The AGUEDA Trial	JAVIER FERNÁNDEZ-ORTEGA	Accepted as a poster
10-year associations between cardiorespiratory fitness and brain structures in older adults	Line Skarsem Reitlo	Accepted as a poster
Real-World Physical Activity and White Matter Microstructure Across Adulthood: A Wearable-Based TBSS Study	Sónia S. Sousa	Accepted as a poster
A step-based physical activity program to enhance functional capacity and heart-brain health in patients with heart failure: design of the STEP-IN intervention.	Ana Isabel Manzano-Salcedo	Accepted as a poster
Interactions between physical activity and psychological distress in relation to mortality: temporal trends in US adults, 1998-2018	Miguel Angelo Duarte Junior	Accepted as a poster
Association of cardiovascular health with psychosocial outcomes in patients with coronary artery disease: Preliminary findings from the Heart-Brain trial	Emilio J. Barranco-Moreno	Accepted as a poster
From Daily Functioning to Life Satisfaction: The Mediating Role of Mental Health	Laura Delgado-Lobete	Accepted as a poster
Moving Beyond Coordination: Contextual Barriers and Daily Functioning in Adults with Probable DCD	Nerea Blanco-Martínez	Accepted as a poster
Interaction Between Cardiorespiratory Fitness and Cognition in Heart Failure: The Moderating Role of Cerebral Pulsatility	Florent Besnier	Accepted as a poster
Association Between Handgrip Strength and Global Cognitive Function in Adults Aged 60 and Older: ExerMOT4Health Project	Marta Baena Aguilera	Accepted as a poster



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Associations between physical condition parameters, working memory performance, and task-related brain activation in older adults: fMRI findings from the AGUEDA trial	Beatriz Fernandez Gamez	Accepted as a poster
Altered cortical oscillatory dynamics and cognitive control in ACLR athletes during decision-making under uncertainty	Jesús Jiménez Martínez	Accepted as a poster
Associations between multidimensional sleep measures and domain-specific cognitive function across repeated observations in adults aged 55 years and older	Pieter-Jan Marent	Accepted as a poster
Preliminary Effects of High-Intensity Interval Training on Cognitive Function and Myokine Regulation in Breast Cancer Survivors: The BRAINonFIT Pilot Study	Jesús Orellana Jaén	Accepted as a poster
Students' Perceived Attention in Fifth-Grade Classrooms that Promote Movement: The MOVI-OLE Study	Antonio Fernández-Caballero Elvira	Accepted as a poster
Effects of Controlled Breathing Techniques on Cognitive Function in Adolescents: Protocol for a Systematic Review	Clara Gacparski Martín	Accepted as a poster
Changes in serum levels of GPLD1 in healthy older adults predict future risk of Alzheimer's disease	Helene Haugen Berg	Accepted as a poster
Plasma microRNAs distinguish preclinical Alzheimer's disease from cognitively healthy aging	Aleksi Matias Huuha	Accepted as a poster
Effectiveness of an Interdisciplinary Weight Loss and Lifestyle Intervention on Obstructive Sleep Apnea Severity in Postmenopausal Women: Preliminary Results from the INTERAPNEA-PW Study	Almudena Carneiro-Barrera	Accepted as a poster
Effects of a 24-week resistance exercise intervention on gray matter volume and dynamic functional connectivity in cognitively normal older adults: The AGUEDA randomized controlled trial	Andrea Coca Pulido	Accepted as a poster
Effects of physical exercise interventions on cognitive outcomes in children and adolescents with cancer: an umbrella review of systematic reviews with meta-analyses.	Marina Olmedo Pérez-Montaut	Accepted as a poster
Effects of High-Intensity Interval Training and Creatine Administration on Adult Hypothalamic Neurogenesis and Inflammation in Middle-Aged Mice	Javier Cordero Choquet de Isla	Accepted as a poster



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From Movement Behaviors to Academic Performance: The Serial Mediating Role of Cardiorespiratory Fitness and Executive Functions	David Sánchez-Oliva	Accepted as a poster
Acute Aerobic Exercise Enhances Inhibition Across Anxiety Levels with Distinct Neural Effects	Gabriela Rajtar	Accepted as a poster
Effects of different types of exercise training on intra-individual variability in cognitive performance in older adults with mild cognitive impairment	Vrinda Dimri	Accepted as a poster
Executive Functions in Closed- and Open-Skill Sports: Protocol for a Descriptive and Inferential Pilot Study in Competitive Youth Athletes	Leroy Donoso Usen	Accepted as a poster
Differences in mental health outcomes in IPVAW survivors considering hits to the head exposure	María de la Paz García-Navas Menchero	Accepted as a poster
Relationship between hits to the head and immune dysregulation in women exposed to intimate partner violence.	María Dolores Sánchez Rodríguez	Accepted as a poster
Assessing an inclusive lifestyle-based intervention program that supports individuals living with chronic neurological conditions, their care partners and healthy agers.	Alisa Hashimoto	Accepted as a poster
Physical Literacy and Its Relationship with Mental Health Outcomes in children and adolescents: A Systematic Review	Víctor Manuel Valle-Muñoz	Accepted as a poster
Sex-specific phenotypic risk clusters and the CAIDE Paradox in dementia prevention: baseline findings from CITA GO-ON	Imanol Reparaz-Escudero	Accepted as a poster
Objectively Measured Cardiorespiratory Fitness as a Potential Biomarker for Alzheimer's Disease Risk in Older Adults: Evidence from the Generation 100 Study	Daniel Estil Brissach	Accepted as a poster
Ameliorating aging-associated cognitive decline by exercise: systemic integrated adaptive response.	Barbara Ukropcova	Accepted as a poster
The acute effects of dance on cognition and mobility in older adults: a pilot study	Nicolas Berryman	Accepted as a poster
Thinking while walking: Performance on executive functioning dual-tasks in adults with and without ADHD	Emily Meachon	Accepted as a poster



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An intergenerational cognitive-physical activity program for mild cognitive impairment: cognitive, behavioural and psychosocial outcomes	Julie Latomme	Accepted as a poster
Cognitively enriched handball training improves executive functions and academic performance in prepubertal schoolchildren	Falonn Contreras-Osorio	Accepted as a poster
Determinants of cognitive decline during acute hospitalization in older adults: a longitudinal analysis	Paula Etayo-Urtasun	Accepted as a poster
Effects of Concurrent Exercise on Cognitive Inhibition in Adolescents	Celia Blanco Alba	Accepted as a poster
Effects of a Tele-Yoga-Based Exercise Intervention on Neuromotor Function in Hirayama Disease: A Nine-Month Matched Controlled Study	mallina karthik	Accepted as a poster
Evaluation of a working memory training with and without physical exercise on executive function in a military cohort	Anouk Glättli	Accepted as a poster
How duration and intensity of physical activity influence the association of stroke and higher-order cognition in older adults	Mateja Virovec	Accepted as a poster
Towards earlier identification of cognitive decline and its prevention through physical activity: The EMPICAText project	Jesus Diaz-Garcia	Accepted as a poster
Combined physical and cognitive priming enhances subsequent cognitive performance and prefrontal oxygen saturation in Alzheimer's disease: Evidence from the EMPICAText Project	Jesus Díaz-García	Accepted as a poster
Influence of 24-hour movement behaviors stability on academic performance and core executive functions	Fátima Martín Acosta	Accepted as a poster
The Optimal Combination of Physical and Cognitive Activity in Older Adults to Promote Cognitive Functioning	Lenka Leenknecht	Accepted as a poster
Correlates of Psychological Distress and Cognitive Function in Young Adults: Exploratory Findings from a Pilot Randomized Controlled Trial	Samira Rostami	Accepted as a poster
The Impact of Movement Breaks on University Students' Cognitive Performance and Well-being: A Systematic Review	Marit Salus	Accepted as a poster
Delayed Improvements in Attention Following a Brief Active Break in Preschool Children	María Valdivieso González	Accepted as a poster



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Physical Activity and Motor Competence in Relation to Working Memory Capacity in School-Aged Children: The Moderating Role of Preterm Birth	Anja Atesli-Schwarz	Accepted as a poster
Boosting positivity: Does acute aerobic exercise strengthen positive memory acquisition among healthy, inactive adults?	Renee Roosen	Accepted as a poster
Association of muscular fitness and irritability in children with and without mood disorders	Melanie Berger	Accepted as a poster
The Dynamics of Physical Activity and Affect: Investigating Memory-Based Event Appraisal as Potential Mechanism	Janna Vrijssen	Accepted as a poster
Effects of a multicomponent exercise program on muscle function in patients with severe mental illness: A randomized controlled trial.	Arantxa Ancín Osés	Accepted as a poster
Impact of a short-term exercise program on clinical symptomatology in patients with severe mental illness: A preliminary randomized controlled trial.	Rubén Auré-Sánchez	Accepted as a poster
Mixed-Methods Process Evaluation of Take A Walk With Your Brain, a Cognitively Enriched Walking Program for Community-Dwelling Older Adults.	Greet Cardon	Accepted as a poster
Associations of physical activity and sedentary time from childhood to adolescence with cognition in adolescence: The PANIC study	Petri Jalanko	Accepted as a poster
Muscular Strength and Executive Functions Across Youth: Age-Dependent Associations	Sarah Marie Bajer	Accepted as a poster
Effects of Group-Based and Individualized Exercise on Global Cognition and Executive Function in Older Adults: A Systematic Review	Sioban Tatara	Accepted as a poster
Acute Effects of Endurance Exercise on Cortical Activity and Affective Responses: A MEG Study	Susanne Kumpulainen	Accepted as a poster
Chronic exercise induces a pathway-dependent electrophysiological signature in the mouse hippocampus[	José Luis Trejo Pérez	Accepted as a poster
Sex Moderates the Association Between Brain Age Gap and Gait Speed in Older Adults with Mild Cognitive Impairment	Talia Salzman	Accepted as a poster
Exercise-induced metaplastic windows in learning and memory	Jonathan Thacker	Accepted as a poster



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Brain capital and lifestyle habits in Argentina: disparities by educational level	Maria de la Paz Scribano Parada	Accepted as a poster
24-hour movement behaviors and MRI markers of brain health in the general aging population: Results from the Rotterdam Study	Lucía Sánchez-Aranda	Accepted as a poster
The 24-Hour Activity Cycle, Allostatic Load, and Early Neurodegeneration in Midlife	Maya Caon	Accepted as a poster
Associations of Physical Activity and Sleep Quality with Preclinical Neurodegeneration in Older Adults at Risk for Alzheimer's Disease	Ronny Chow	Accepted as a poster
Functional connectivity of anterior insular subdivisions following the IMOVE study: an arts-based intervention in people with cognitive impairment	Ayse Uneri	Accepted as a poster
Active Lives, Agile Minds: Co-production and Pilot Evaluation of the Movement Inspired by Martial Arts Programme for Older Adults	Zsofia Szekeres	Accepted as a poster
The effects of exercise training on spatial entropy in the brain in obese older adults	Christina Hugenschmidt	Accepted as a poster
Effects of acute physical activity on neural correlates of working memory in children with and without ADHD: insights from the Break4Brain project	Margalida Castell Orell	Accepted as a poster
Associations of quadriceps function with brain structure in persons with COPD: an exploratory cross-sectional analysis	Dries Cops	Accepted as a poster
Moderate-Vigorous Physical Activity and Cognition in Older Adult Participants from Lifestyle Trials: Baseline De Novo Analyses from The InLife Data Harmonization Study	Shannon Halloway	Accepted as a poster
Associations Between Cerebral Oxygenation, ECG QT dispersion, and Cognition in Individuals with Coronary Heart Disease: A Cross-Sectional Study	Pierre Faivre	Accepted as a poster
Beyond Symptoms: Sex-Specific Physical, Clinical, and Cardiometabolic Health in Treatment-Resistant Major Depression	Oier López Marin	Accepted as a poster
Acute effects of physical activity and cognitive engagement on current source density during inhibitory control in children with and without ADHD	Sebastia Bibiloni-Pujol	Accepted as a poster



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"I Became a Person Again, If That Makes Sense": A Qualitative Study of Perceived Benefits Following an Exercise Intervention in People with Treatment-Resistant Major Depression	Iker Lasa-Sagaseta	Accepted as a poster
Walking Energy Expenditure as a Predictor of Cognitive Impairment Risk	Ryan Dougherty	Accepted as a poster
Psychometric properties of the International Fitness Scale in postpartum women and its association with physical activity, depressive and anxiety symptoms: Preliminary results	Jose J. Gil-Cosano	Accepted as a poster
Cycling and Mental Well-being of International University Students: A Qualitative Interview Study	Ekaterina Gudozhnikova	Accepted as a poster
Psychosocial Pathways Linking Physical Activity to Depressive Symptoms in University Students: A Serial Mediation Study	Hongxin Huang	Accepted as a poster
Cognitive and academic performance in schoolchildren with and without ADHD: findings from the Break4Brain project	Jaume Gelabert	Accepted as a poster
Feasibility of a Community-Integrated Isometric Handgrip Exercise Program and Its Preliminary Effects on Blood Pressure and Cognitive Function in Older Adults	Ava Neely	Accepted as a poster
Classroom movement strategies to improve to increase physical activity and to improve cognition and academic performance in school-aged population: protocol of the Break4Brain hybrid type II implementation-effectiveness trial	Diego Arenas Arroyo	Accepted as a poster
Patients' Perceptions of Virtual Reality as a Psychological Treatment for Depression: A Systematic Review and Thematic Synthesis	maría eugenia visier-alfonso	Accepted as a poster
Time spent in physical activities, TV watching and sleep and its association with executive cognitive functioning in middle age and older adults: an isothermal substitution analysis	Nynke Smidt	Accepted as a poster
Beyond BMI: Deep Neck White Adiposity and Muscle Fat Infiltration are Inversely Associated with Plasma ptau217: Results from AGUEDA study.	María José and Irene Arias-Téllez and Esteban-Cornejo	Accepted as a poster



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Exercise as a remedy: Running improves metabolic, inflammatory, and performance profiles in cafeteria diet-induced obese rats	Joanna H. Sliwowska	Accepted as a poster
Voluntary running improves metabolic and inflammatory profiles in Western-type diet-induced obesity in rats.	Ewa Kilańczyk	Accepted as a poster