

10th International Conference on
Food Science & Technology

February 07, 2022 | Webinar

Neuronal ensemble, memory reactivation and its effect on exercise performance

Abhishek Dhawan

ADT, India

Neuronal ensemble and brain plasticity plays an important role in memory consolidation and subsequently memory reactivation. Till date many studies have been designed to study effect of exercise, heart-rate variability and other factors on brain plasticity and memory. We present a case study in which we demonstrate effect of neuronal ensemble and memory formed during High intensity aerobic training (VO₂ max) and Target Heart-Rate (THR) training and its effect of reactivation of same memory on THR and performance. Noteworthy: The reactivation and recreation of memory stimulus learned and formed during High intensity training like place, time, odor and other conditions can elevate THR to same previous peak zone even in low intensity. This demonstrates that reactivation of previously acquired

memory or using stimulation of neuronal ensemble of consolidated memory during specific event of training may exert same physiological effect on exercise or body learned during memory acquisition phase. Hence as exercise has effect on memory, memories may have effect on exercise performances.

Keywords: Neuronal ensemble, Memory reactivation, THR, Peak Heart rate, Exercise

Speaker Biography

Abhishek Dhawan is in member of American Society for Nutrition, Life member of Indian Society of Nutrition, two times TEDx speaker and have received Icon award 2019 by Environment Forum of India, Bramati.

e: abhishek27099@gmail.com

 Notes: