

Accepted Manuscript

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PII: S0166-4328(17)30992-0
DOI: <https://doi.org/10.1016/j.bbr.2018.01.017>
Reference: BBR 11258

To appear in: *Behavioural Brain Research*

Received date: 17-6-2017
Revised date: 6-10-2017
Accepted date: 16-1-2018

Please cite this article as: Lee H, Nagata K, Nakajima S, Ohno M, Ohta S, Mikami T, Intermittent intense exercise protects against cognitive decline in a similar manner to moderate exercise in chronically stressed mice, *Behavioural Brain Research* (2018), <https://doi.org/10.1016/j.bbr.2018.01.017>

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Intermittent intense exercise protects against cognitive decline in a similar manner to moderate exercise in chronically stressed mice

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