



### **Kirk I. Erickson, PhD**

Professor and Director and Principal Investigator, Brain Aging and Cognitive Health Laboratory, University of Pittsburgh

Faculty for the Center for Neuroscience

Faculty for the Center for the Neural Basis of Cognition

**Kirk I. Erickson, PhD** is a Professor in the Department of Psychology and is the Director and Principal Investigator of the Brain Aging and Cognitive Health Laboratory at the University of Pittsburgh. He is also a Faculty Member for the Center for the Neural Basis of Cognition and Center for Neuroscience at the University of Pittsburgh. Dr. Erickson's research interests are focused on studying the impact of physical activity on brain health and function throughout the lifespan. He has conducted numerous studies on this topic and has published >170 articles. The main message from these studies is that physical activity maintains and improves brain health.

Dr. Erickson's research has been funded by numerous awards and grants from NIH, the Alzheimer's Association, and other organizations to examine the influence of physical activity on brain health. Most recently, he has been awarded a grant to study the effects of African Dance and culture on brain health in older African Americans. His research has also resulted in the prestigious Chancellor's Distinguished Research Award from the University of Pittsburgh. He was named a Fellow of the Academy of Behavioral Medicine Research in 2016.

Dr. Erickson was a member of the 2018 Physical Activity Guidelines Advisory Committee, and chair of the Brain Health subcommittee, which was a committee of the country's most accomplished physical activity and health experts charged with developing the second edition of the Physical Activity Guidelines for Americans. His research has been featured in a long list of print, radio, and electronic media including the New York Times, CNN, BBC News, NPR, Time, and the Wall Street Journal.

References

Videos

*The Remarkable Effects of Exercise on Cognition and Brain Cell Regeneration*

<https://fitness.mercola.com/sites/fitness/archive/2015/01/23/brain-benefits-exercise.aspx>

*How Fitness Protects Aging Brains*

<https://fitness.mercola.com/sites/fitness/archive/2012/11/16/aging-brain.aspx>

Publications

*How Exercise Can Help Ease Symptoms of Depression and Anxiety*

<https://www.popsugar.com/fitness/Can-Exercise-Help-Depression-44796584>

*The Many Benefits of Going for a Walk*

[https://www.huffingtonpost.com/maria-rodale/the-many-benefits-of-goin\\_b\\_10702306.html](https://www.huffingtonpost.com/maria-rodale/the-many-benefits-of-goin_b_10702306.html)