

# **Brain Adenosine Mediates the Negative Effect of Mental Fatigue on Endurance Exercise Performance**

May 27, 2011

My name is Walter Staiano from Bangor University, United Kingdom, and I presented my research at the APS 23rd Annual Convention in Washington, DC.

## **In Italian:**

Interaction between positive effects of caffeine treatment, considered as an adenosine receptor antagonist, and negative consequences of mental fatigue on subsequent physical activity suggests contribution of brain adenosinergic mechanisms on changes in physical performance. These outcomes can better clarify the importance of brain mechanisms on physical performance tasks.

Poster Session II – Board: II- 146  
Friday, May 27, 2011, 8:00 AM – 9:00 AM  
Columbia Hall

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Watch the Italian translation of this poster presentation: