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Commentary

If the sport and exercise sciences were ever asked to agree on a corporate slogan then a front runner undoubtedly would be "mens sane in corpore sano". Indeed, many seem to support this sentiment with a zeal that borders on the fanatical, and that can cloud the execution of a reasoned evaluation of the precise psychological benefits accruing from exercise.

Hannah Steinberg and her coworkers are to be encouraged for adding to a growing literature that at long last is prepared to acknowledge the complexity of the relation between psychological wellbeing and physical exercise. To develop this debate the first step must be a disaggregation of both the "mens" and the "corpora"—that is, which types of physical exercise (for example, aerobic or anaerobic, maximal or submaximal, massed or

distributed, short or long term) are related to which cognitive and affective functions. As this paper and previous work¹⁻³ show there are no simple answers here, complexity is writ large. Hence further empirical work of this nature is vital to add to our uncertainty before we can start to piece together the psychological, physiological, and contextual components of this fascinating jigsaw.

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