

**Additional Table 2 Effects of physical exercise on the expression of A $\beta$ -degrading enzymes**

Exerkine	Study	Research subject	Tissue	Exercise paradigm	Regulatory effect
NEP	Maloyan et al., 2007	Cardiac-specific CryAB overexpression mice	Heart	Voluntary running	Reversing NEP decline in CryAB mice
	Maesako et al., 2012	APP overexpression mice with high fat diet	Brain	Voluntary running	↑
	Mainardi et al., 2014	Aged C57BL/6J mice	Cortex	Environmental enrichment (including voluntary running)	↑
	Moore et al., 2016	AD model mice (Tg2576)	Cortex/hippocampus	Treadmill training	↑
	Khodadadi et al., 2018	A $\beta$ 1-42-induced AD model rats	Hippocampus	Treadmill training	↑
IDE	Kurauti et al., 2016a	Diet-induced obesity mice	Liver and skeletal muscle	Acute exercise	↑
	Kurauti et al., 2016b	Swiss mice	Liver and skeletal muscle	Acute exercise	↑
	Moore et al., 2016	AD model mice (Tg2576)	Cortex/hippocampus	Treadmill training	↑
	Khodadadi et al., 2018	A $\beta$ 1-42-induced AD model rats	Hippocampus	Treadmill training	↑

AD: Alzheimer's disease; APP: amyloid precursor protein; A $\beta$ : beta-amyloid peptide; CryAB: crystallin alpha B; NEP: neprilysin.

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