


“Start Me Up!”

Esercizio fisico e salute mentale: la neuroscienza tra mente e corpo

Pierluigi Simonato MD, PhD, Psychiatrist

Intro: Prof. Giuseppe Borgherini



Programma:

18.00 Introduzione e saluti - Prof. Giuseppe Borgherini e Prof Siliprandi

18.30 Esercizio fisico e salute mentale - Dr Simonato Pierluigi

7 Novembre 2025

Clinica Cittàgiardino

Via F. Piccoli n. 6 – Padova

Argomenti

- 1. Evolution perspective: a stone age brain**
- 2. Stress and Anxiety**
- 3. Depression**
- 4. Cognitive Enhancement**
- 5. Creativity**
- 6. Aging**
- 7. The synergy of pathway: the mind-body connection**
- 8. Type of exercise matters**



Target

Cittadinanza

References and books



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Pierluigi Simonato Bio

Il Dr [Pierluigi Simonato](#) è **medico, psichiatra e PhD**. Si occupa di **psichiatria clinica e neuroscienze**, seguendo pazienti con differenti gradi di difficoltà, che vanno dalle **dipendenze** ai disturbi ansiosi. Clinicamente lavora come psichiatra clinico dal 2011 nella doppia diagnosi.

Il suo impegno clinico e la sua curiosità sono da sempre rivolte a comprendere come migliorare **i pilastri della nostra salute mentale**: il sonno, l'attività fisica, i livelli di dopamina, la gestione dello stress e la capacità di avere e perseguire i nostri obiettivi.

In **ambito accademico** fa parte dell' [Addiction Science Lab](#), un progetto dell'Università di Trento dedicato a comprendere l'impatto delle vecchie e nuove dipendenze nella nostra società. Collabora da anni con l'Università dell'Hertfordshire dal 2011 nel campo delle **NPS (Novel Psychoactive Substances)** con il Prof Schifano e la Prof.ssa Corazza.

Autore di diversi [articoli scientifici](#), di capitoli specialistici sull'area NPS e di un recente capitolo sulle basi neurobiologiche delle dipendenze edito da [Zanichelli](#).