

THIS IS YOUR BRAIN ON EXERCISE

THE POSITIVE EFFECT OF EXERCISE ON ACADEMIC PERFORMANCE



WHY EXERCISE MATTERS

- **Improves Brain Function:** Exercise increases blood flow to the brain, enhancing memory, attention, and cognitive skills
- **Reduces Stress:** Being active can increase your endorphins (a hormone that makes you feel good)
- **Boosts Energy:** exercise will ensure a more productive study session

THE SCIENCE SPEAKS (Boere, et al.)

Did you know?

- Participating in *90+ minutes of physical activity per week*, at moderate to vigorous intensity, is associated with improved academic performance!
- **Optimal Duration:** 30–60 minutes per session
- **All Sports Help:** Participating in various sports can enhance academic outcomes

TIPS FOR INCORPORATING EXERCISE

1. **Active Study Breaks:** Take a 10-minute walk or stretch break after every hour of studying
2. **Join Group Activities:** Campus fitness classes at the RAC or sports teams are great for staying motivated
3. **Start Small:** Aim for 30 minutes of exercise, 3 times a week, and build from there

References

Boere, K., Lloyd, K., Binsted, G., & Krigolson, O. E. (2023). Exercising is good for the brain but exercising outside is potentially better. *Scientific Reports*, 13(1). <https://doi.org/10.1038/s41598-022-26093-2>
Exercise and stress: Get moving to manage stress. (n.d.). Mayo Clinic. <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/exercise-and-stress/art-20044469>
James, J., Pringle, A., Mourton, S., & Roscoe, C. M. P. (2023). The Effects of Physical Activity on Academic Performance in School-Aged Children: A Systematic Review. *Children* (Basel, Switzerland), 10(6), 1019. <https://doi.org/10.3390/children10061019>