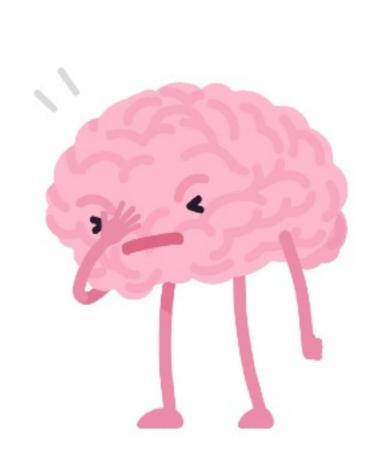
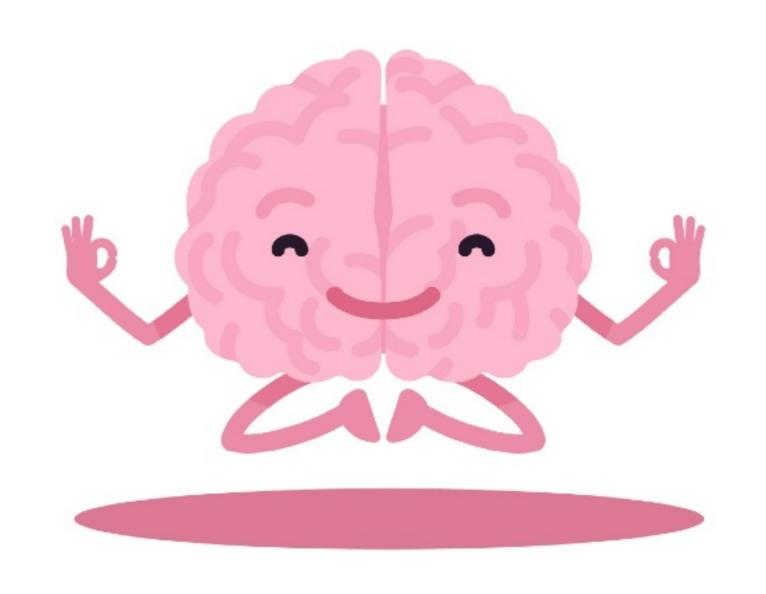
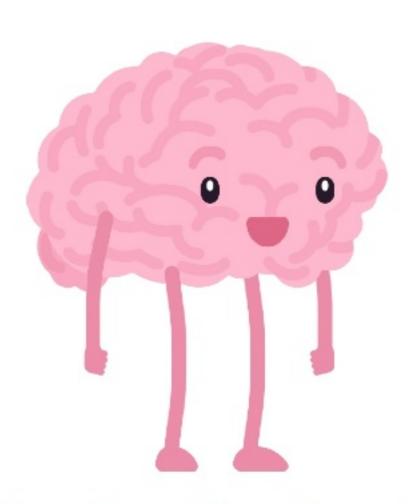


THIS IS YOUR BRAI EXERCISE

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

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