



EXERCISE AND YOUR BRAIN

Recent research has found that exercise, particularly aerobic activity that involves an element of coordination, has benefits for young people that go far beyond fitness.

Aerobic activity is any physical activity that increases your heart rate and breathing. It helps improve your heart and lung fitness. Some examples include brisk walking, hiking, jogging/running, biking, swimming, rowing, jumping rope, dancing and aerobics class.

Studies have found that young people who participate in even 10 minutes of exercise before a test or other academic activity performed better on those tasks than young people who did not exercise. Other studies have found that young people who participate in physical activity consistently have more academic success than their peers who participate less often.

AT HOME ACTIVITY

Today your student learned about the powerful impact exercise can have on the brain, and got information about a class project to do over the next week. Ask to see the information, and offer help and support as you are able.

HEALTHY ACTIVE LIVING



Brain Boost

Your student recently learned about the positive impacts exercise can have on the brain. In addition to engaging in physical activity, there are many other ways to help your student protect and grow their brain.

Additional strategies to keeping your brain healthy are to get enough sleep, eat well, practice mindfulness and always wear a helmet when biking!