

Your Brain and Exercise

Why is fitness important?



EXERCISE IS HEALTHY FOR YOUR BRAIN



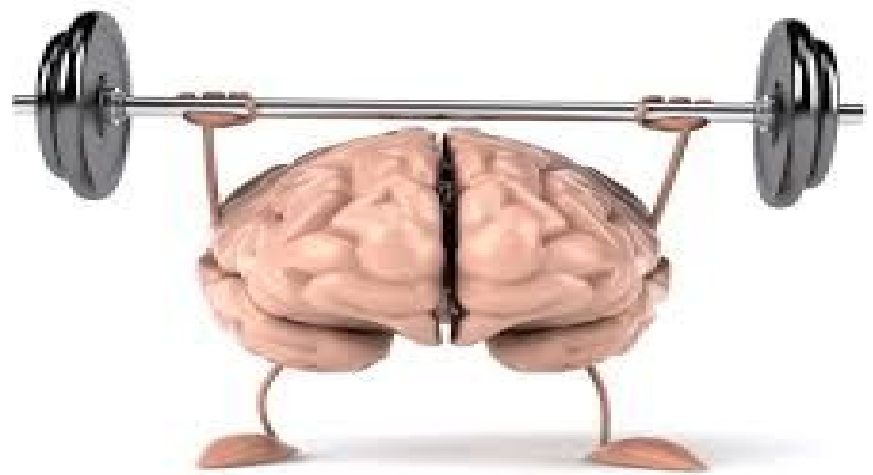
-Participating in physical activity prior to taking an assessment or test will improve the ability of your brain function.

What can PE do for your brain?



- Better mood
 - Better short-term memory
 - Learning is easier
 - You can process more
 - Attention span is longer
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Participating in physical activity stimulates brain chemicals that make you happier and more relaxed



BE ACTIVE



Brain and Exercise

- Physical activity and exercise can help reduce stress, depression, and anxiety.
- Your brain does not get bigger when you exercise to accommodate more brain cells and functions, but it stimulates brain chemicals that improve your brain's ability to function
- Physical activity can benefit your brain by improving memory, increasing your thinking skills and increasing your attention span.
- Exercise is the single best thing you can do for your brain in terms of mood, memory, and learning.