

PiXL Endurance



Physical activity: why is it important?



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‘Exercise is really important to me – it’s therapeutic. So if I’m ever feeling tense or stressed or like I’m about to have a meltdown, I’ll put on my iPod and head to the gym or out on a bike ride along Lake Michigan with the girls.’

Michelle Obama



Physical activity: why is it important?

- <https://www.youtube.com/watch?v=3ZBXldCxZEA>

The effects of physical activity on our brains

In the lead up to exams, and any stressful time in our lives, exercise is crucial for relieving stress and helping our minds and bodies to cope.

You may think that taking a short period away from your studies would be counter-intuitive, but it is proven to be of significant benefit.



The effects of physical activity on our brains

Exercise has been proven to help increase memory power, another key factor for success in examinations.



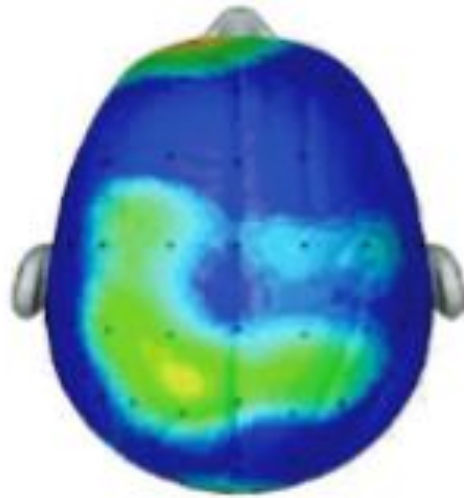
The effects of physical activity on our brains

Exercise can help improve your concentration levels, allowing you to study and focus for longer, thus benefiting your studies and academic outcomes.

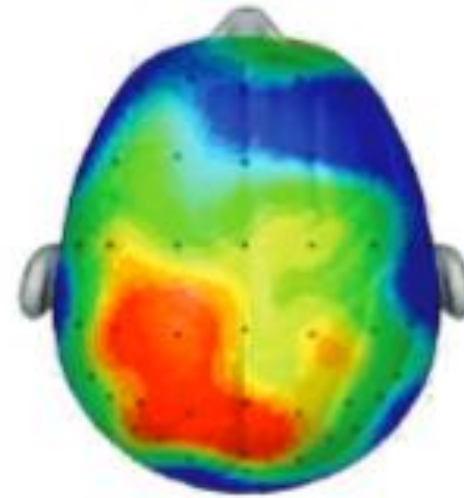


The effects of physical activity on our brains

Composite of 20 student brains taking the same test



After sitting quietly



After 20 minute walk

Red areas are very active; Blue areas are least active



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