



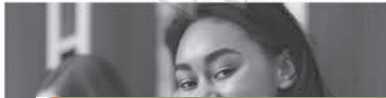
Name _____ Class _____ Date _____

Exercise & Brain Health

Some of the benefits of physical activity on brain health occur **immediately after** a session of **moderate-to-vigorous physical activity**, such as reduced feelings of short-term anxiety, improved sleep and improved cognitive function. With **regular physical activity**, improvements are seen in long-term anxiety, deep sleep, and components of **executive function** (ability to plan and organize; monitor, inhibit, or facilitate behaviors; initiate tasks; control emotions).



Improve cognition



Mental Health Benefits of Exercise

Outcome	Group	Benefit	Immediate	Long-Term
Cognition	Children Ages 6-13	Improved cognition (performance on academic tests, executive function, processing speed, memory)	✓	✓
	Adults	Reduced risk of dementia, improved cognition		✓
Quality of Life	Adults	Improved quality of life		✓



PREVIEW

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Kids Who are Active Get Better Grades



Students who earn mostly **As** are almost **twice as likely** to get regular physical activity than students who receive mostly **Ds** and **Fs**.

Physical activity can help students focus, improve behavior and boost positive attitudes. Do what you can to be physically active, be it running, biking or swimming. Any type of physical activity is good, and 60 minutes a day is best. **Your grades will thank you!**





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Exercise & Brain Health

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	Adults			

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How does Physical Activity help Students get Better Grades?
