PHYSICAL ACTIVITY MAKES YOU SMARTER
“Exercise is the single best thing you can do for your brain in terms of mood, memory, and learning. Even 10 minutes of activity changes your brain.”
—Dr. John Ratey, associate clinical professor of psychiatry at Harvard Medical School and author of Spark: The Revolutionary New Science of Exercise and the Brain (Little, Brown, 2008)

WHICH PHYSICAL ACTIVITIES HELP MOST?
- Anything aerobic—that makes you sweat or breathe harder—like running, cycling, circuit training, or basketball
- Even a gentle walk has some brain benefits
- Bonus brain boost: activities that require coordination, rhythm, strategy, and concentration, like playing tennis or taking a dance class

For more on the brain boosts of physical activity, see Student Health 101, April 2016.