

## Exercise Your Body. Bulk Up Your Brain.

Don't just sit there! Lots of studying should be good for your grades, right? But only if all that sitting is combined with exercise!

Research indicates that regular exercise benefits the brain by improving blood flow and spurring cell growth. Columbia University researchers have found evidence that exercise boosts your brain's rate of creating new neurons, the basic cells that drive our mental life.

In fact, exercising about 5 to 7 hours a week

- enhance memory and learning;
- improve attention span;
- improve executive functioning—the ability to initiate and stop actions, to monitor and change behavior, plan future behavior, anticipate outcomes, adapt to changing situations, form concepts, and think abstractly.
- improve mood;
- enhance your self-confidence and your feelings of self-control;
- reduce stress; and
- counteract depression by pumping more blood and oxygen to the brain.

### Campus Resources for Exercising

**Veale Center:** An indoor track, aerobics room, cardio exercise room, weight room, racquetball courts, squash courts, a rock climbing wall, and swimming pools and much more are available for your use.

### Intramural/Club Sports:

Students can participate in a variety of group sports including flag football, basketball, soccer, softball, and volleyball as well as individual activities such as tennis, racquetball, and badminton. Club sports include ultimate Frisbee, table tennis, kung fu, and squash.

For more information go to [studentaffairs.case.edu/athletics/default.html](http://studentaffairs.case.edu/athletics/default.html)

- Students are more likely to exercise if they have a support system: for women, family encouragement is important, for men, it's friends!



