P.A.U.L™ For Brain Recovery

UNIVERSITY of HULL

How exercise helps your brain

Exercise

Exercise is important for our bodies, but also our brains!

Exercising can help our brains function as we get older. It can help us to keep our memory, improve our attention, improve our performance and make us feel better.

Exercising can help our brains throughout our entire life!

Childhood

Regular exercise in childhood helps us to perform better in school. It helps us with memory, to recognise our mistakes and understand information better. It can also improve our physical brain structure. Regular balance exercises (like standing on one foot) can help children improve in reading and speech, as well as improve attention.

Young adulthood

As we grow into young adults, exercise is still very important. Exercise helps to improve the physical brain structure. It also helps brain function and the efficiency (how well or quickly) our brain can function and our performance.

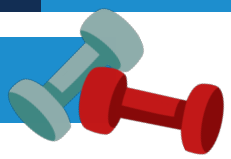
Adulthood

As we age, exercise is important to keep our brain functioning well for as long as possible.

For adults, exercising allows us to keep multitasking, as well as recognise conflict and mistakes.

Exercising also changes our brain size! Exercising as an adult increases the size of our frontal lobe of our brains. Our frontal lobe helps us with understanding information.

How much to exercise



Adults should exercise for 150 minutes per week at moderate intensity, or do 75 minutes of vigorous activity a week.

Children should do at least 60 minutes of moderate to vigorous physical activity every day, with at least three days a week being muscle-strengthening exercise.

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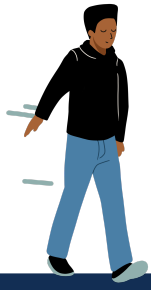
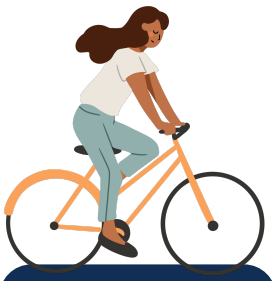
Types of exercise

Moderate activity includes:



Quick walking



Biking

Hiking

Dancing

Vigorous activity includes:

Running

Swimming

Sports
(football, rugby, netball, hockey, gymnastics)

Walking up stairs

Very vigorous activity includes:

Weight-lifting

Spinning

Running up hills

Muscle-strengthening activity includes:

Yoga

Using resistance bands

Weight-lifting

Pilates

Exercise Sources

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