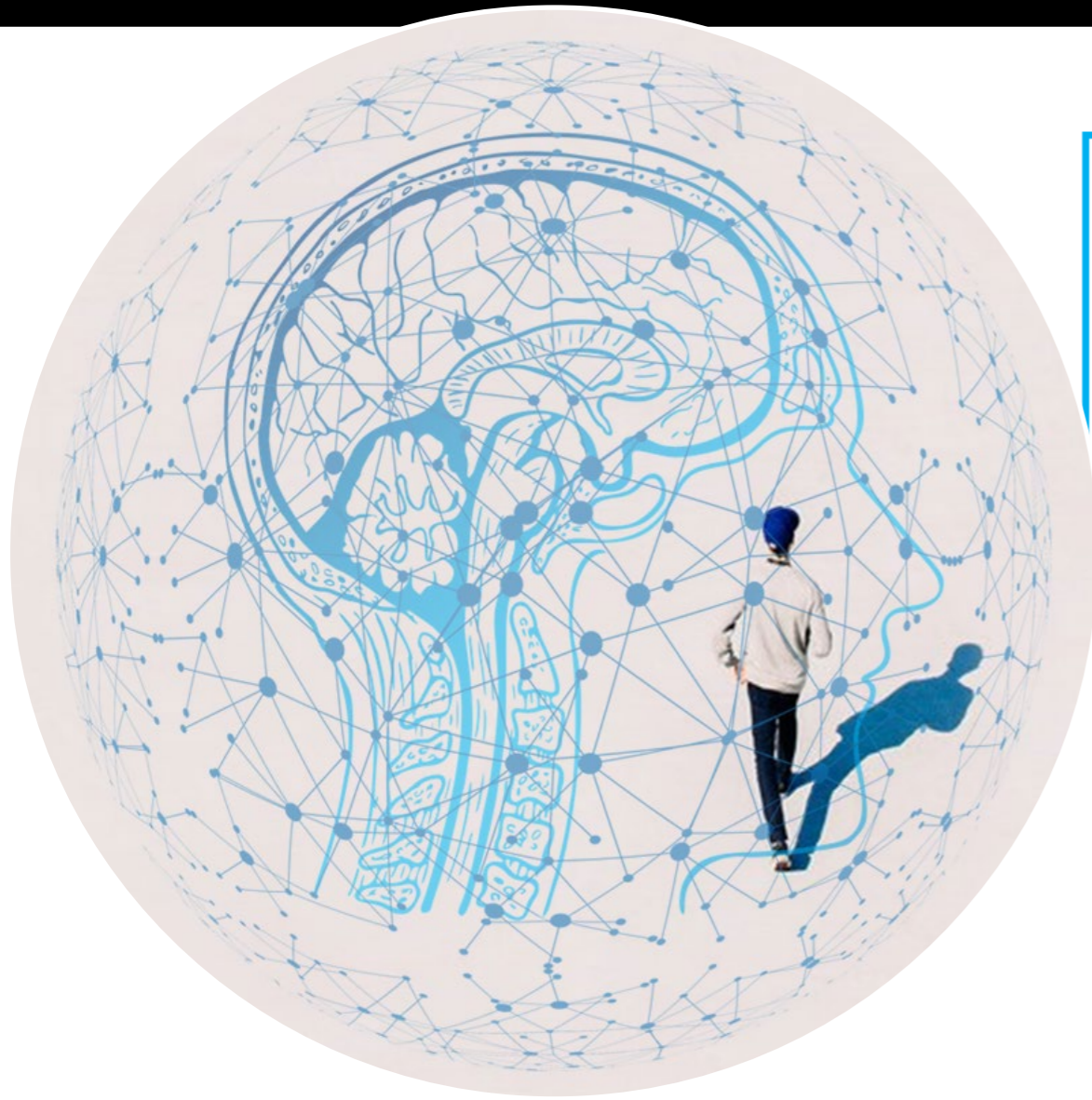


EXERCISE FOR INCREASED BRAIN PERFORMANCE



Exercise

- 'increases heart rate, which pumps more oxygen to the brain'
- aids the release of hormones which provide a great environment for the growth of brain cells
- promotes brain plasticity by stimulating growth of new connections between cells'
- helps disperse the adrenaline released with the stress response which calms your system and allows your cortex to come back online

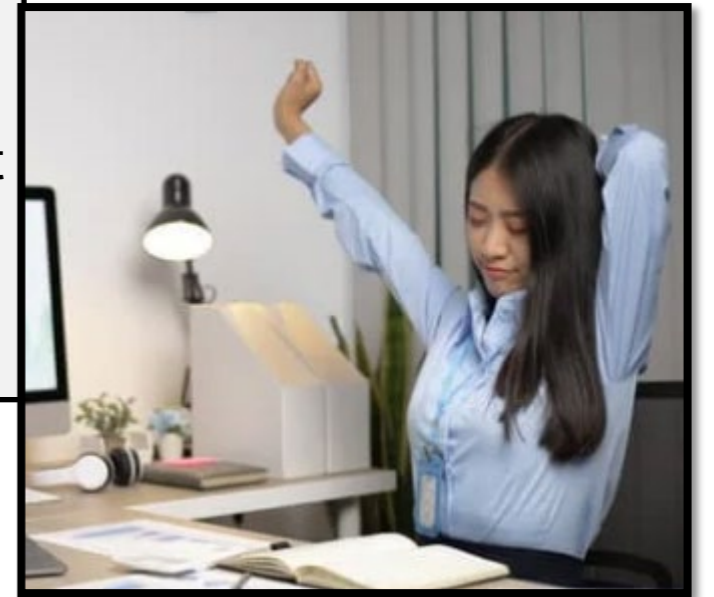
<https://www.scientificamerican.com/article/how-exercise-affects-your-brain/>

Simple ways to exercise during exam time:



Quick muscle tension and relaxation:

breathe in and tense your muscles, then release the tension and breathe out while wiggling your toes in your shoes, shaking out your fingers, or rolling your head and shoulders.



Exercise bursts:

simple bursts of jumping jacks, sit ups, running on the spot (at home and not in the exam room)

Short walk in nature:

research shows that, among other things, an 'awe' walk can help to maintain brain health. Lucky for us UBC is full of places for an AWE walk, and many are within close proximity to Allard. Try:



Nitobe Japanese Gardens – 8 mins away



Iona House Labyrinth – 5 mins away



Outdoor totems at the Museum of Anthropology – 7 mins away



Rose Garden – 3 mins away



Tower Beach – 10 mins away