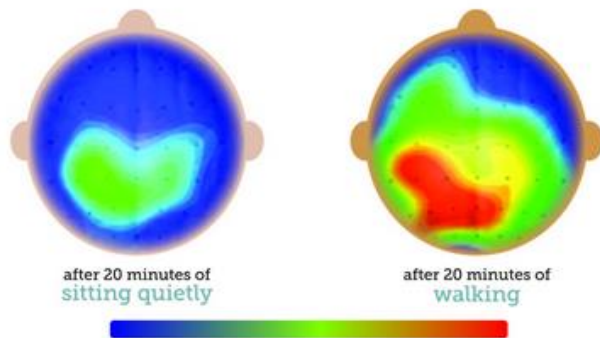


### Did you know that regular physical activity affects the brain, it can...

- Boost your memory
- Improve your concentration
- Help reduce stress
- Lengthen attention span
- Improve cognitive brain function
- Improve your ability to focus for longer periods of time

## Physically active students have more active brains

BRAIN SCANS OF STUDENTS TAKING A TEST:



**Red** areas are very active;

**Blue** areas are least active

### Exercise can improve your exam performance

- Exercise triggers the release of various hormones and chemical compounds in the body

**Serotonin** – involved in regulating your sleep cycles and boosting your

**Dopamine** – positively influences learning and your attention span.

**Norepinephrine** – affects motivation and mental stimulation

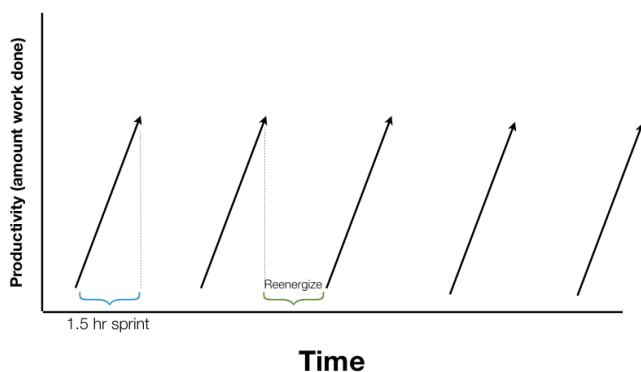
### Why is it important to take breaks during revision?

- You're less likely to get distracted while you are revising
- It's much better to spend 60 minutes revising well and 10 minutes on a break than to spend longer, half the time revising and half playing with your phone.
- Breaks actually make you work more effectively. After all that mental work, your brain needs a rest.

## How can you build exercise in your breaks?

- **Schedule regular breaks during your revision.** This could be 60 minutes of revision, followed by a 10-minute break. Exactly what schedule is best varies from person to person
- Use your break for **something relaxing and refreshing**, but which won't distract you from getting back to work
- Do something that **involves getting up from where you're revising and moving around**

## During revision - work in 60 to 90-minute intervals



- Your brain uses up more glucose than any other bodily activity. Typically, you will have used most of it after 60-90 minutes
- So take a break, get up, go for a walk, have a snack, and do something completely different to recharge.

Exercise helps to oxygenate the brain and **release tension**, helping you to **keep calm, mentally relax and study more efficiently**

## Find a routine that works for you

- **Be flexible.** Fit your exercise around your revision timetable, and find what works for you
- **Shorter intense exercise** is great during the exam period as it doesn't take too long
- **Take regular walks** during the day to help you stay fresh and active

## Top tips to take care of yourself

- Exercise regularly
- Eat well
- Sleep well
- Relax often
- Socialise and connect with others
- Take time out for you