



# BENEFITS OF EXERCISING DURING EXAMS



**REDUCES ANXIETY  
AND STRESS**



**IMPROVES COGNITIVE  
FUNCTIONING**



**IMPROVES  
ATTENTION SPAN**

- IMPROVES BLOOD FLOW TO THE BRAIN
- INCREASED RETENTION OF NEW INFORMATION
- IMPROVED PROBLEM SOLVING SKILLS
- IMPROVES MOOD AND SLEEP QUALITY
- STIMULATES GROWTH OF NEW BRAIN CELLS
- IMPROVES COPING AND MANAGEMENT SKILLS
- IMPROVES FOCUS



**EXERCISE RELEASES ENDORPHINS WHICH  
TRIGGERS POSITIVE FEELINGS IN THE BODY**



If you have any questions about how to keep active during this exam season, don't hesitate to ask at the PE office