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Oscar Bernabe Mateo

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The Importance and Need for Daily Exercise for Students

Oscar Bernabe Mateo

Nebraska College Preparatory Academy

Grand Island Senior High School 2022

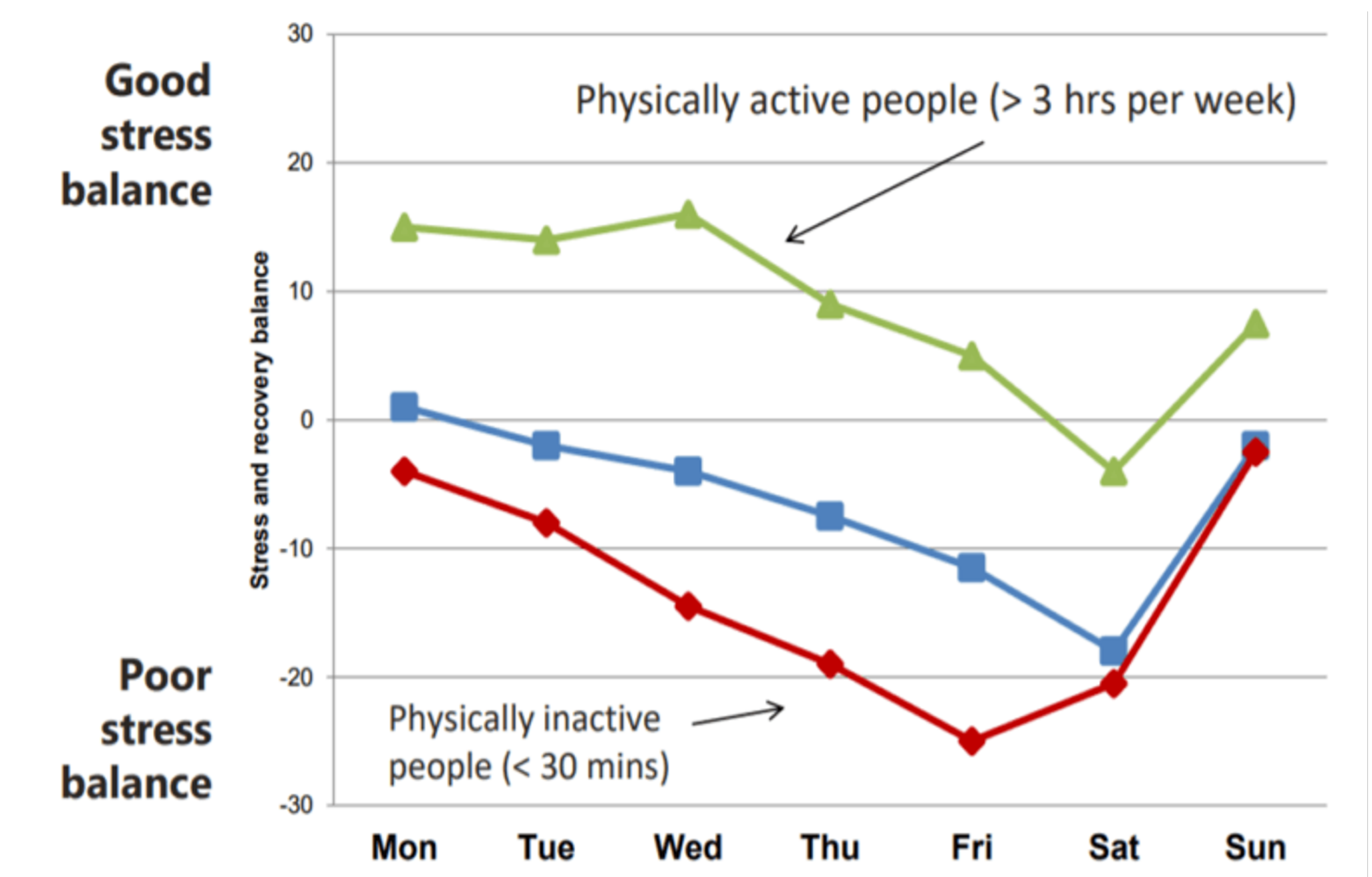
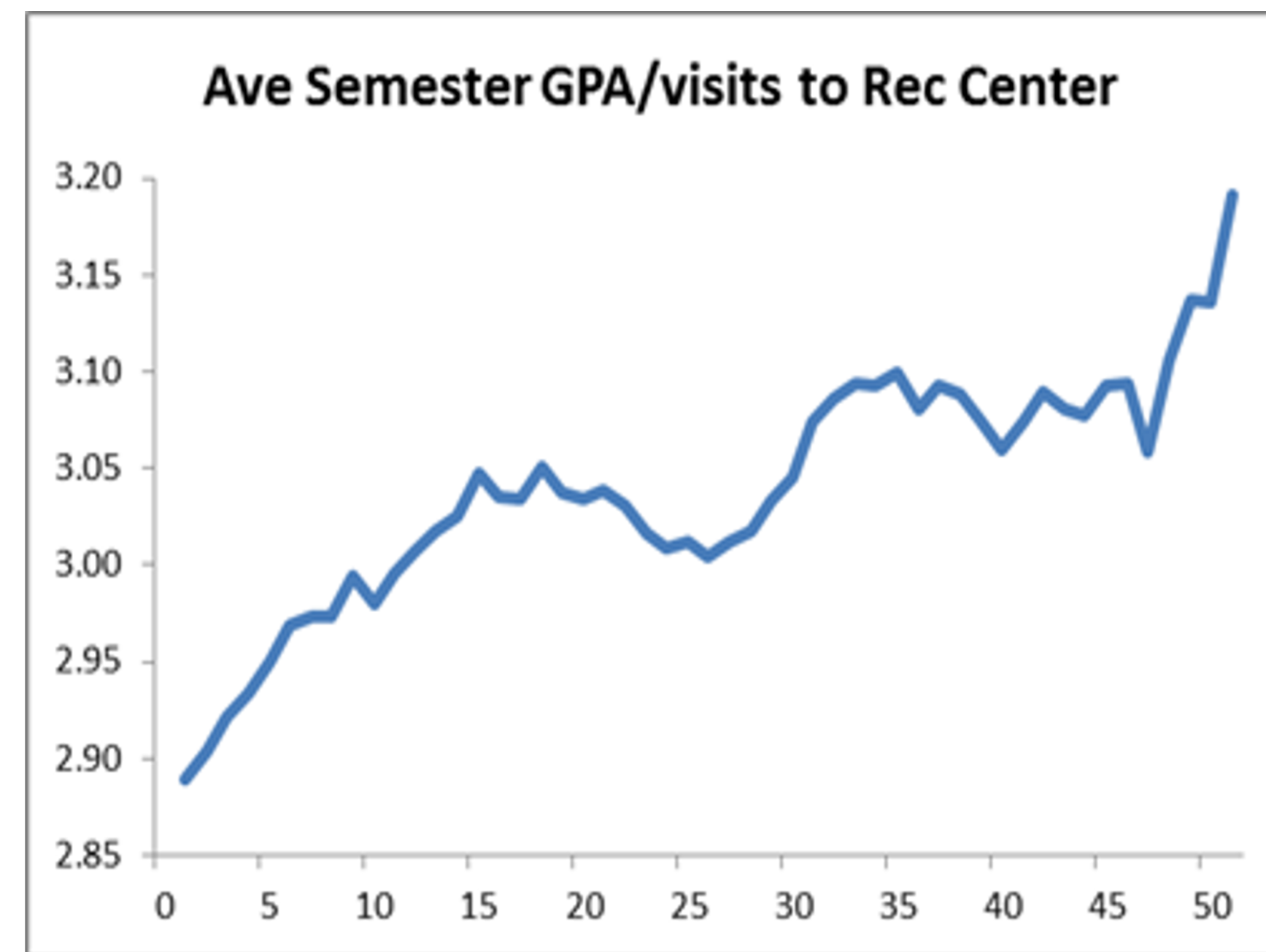
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Abstract

Exercising on a daily basis increases grey matter in the hippocampus, which is crucial for memory processing and spatial awareness. These are 2 important traits for learning new things in school and storing them in our brain. There is a correlation between physical activity and mental health: less physical activity proposes 2x the likelihood of experiencing depression. The amount of physical activity among students has been decreasing for decades as well as depression appearing to 34% more on people worldwide since the year 2000. Exercising helps the brain function better as there is better blood flow through the body and to the brain increasing mood and helps to control stressful situations which can lead to depression.

Key Points

- 24 researchers from different search areas concluded that falling IQ's and rise of mental health problems have both been linked to lack of physical movement.
- 18-25 years old of both genders have a higher prevalence of experiencing depression.
- Exercising=Improvements on mental health: mood, focus, less risk of depression, less fatigue/anxiety
- Higher cognitive functions: thinking, perception, feeling, decision making,
- Walking/jogging for minimum of 15 min per day increases blood flow to the brain up to 15%.



Conclusion

In order to feel good and have a well functioning brain, there is a need for students to exercise on a daily basis, more importantly of those between ages 18-25. Exercising correlates to improvement on mental health problems that most teenagers trouble against when shifting their teenage years to adulthood and confront themselves with the real world. Exercising is highly linked to higher self-esteem and the feeling of being capable to do things in all aspects of life. This feeds student's implicit sense of what they can handle which is important when finishing assignments in school even if they seem hard because they have a positive mindset to be able to finish any assignment or task.

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