



BRAIN BOOTCAMP

GET A FULL WORKOUT FOR EXAM SUCCESS

Sitting and studying for hours without moving your body won't get you better grades. To get your brain fit for exams your body needs to be in shape too.



Exercise releases natural chemicals in the brain that are used in medications to treat anxiety and depression.



When we exercise we release dopamine which enhances motivation, focus and attention.



Balancing exercise with study means you get a better nights sleep, which makes information stick for longer.



Moving around outside really gets our brain cells talking, which improves our memory.



Mixing aerobic and strength exercise stretches the brain allowing more capacity for knowledge.



Spending time in nature reduces stress, improves creativity and helps us problem solve.

MAKE IT A SLOT ON YOUR STUDY PLAN

BOOK IT IN



While studying set a timer on your phone every 45 mins to get up and move around.

Block out 10 minutes in between study slots to get up and moving.

Book in 3 x 30 minute sessions a week for a high energy activity you love

Run up and down stairs 10 times.
Play ball with the dog for 5 minutes.
Walk to the shop.
20 star jumps in the kitchen, while making a cuppa.
Juggle some apples in the garden (try not to drop them!)

SHORT BURSTS



UP YOUR GAME



Zumba class - great for mind/body coordination.

Bike ride, run, swim, uphill power walk, football - all fun to do with a friend.

Have a wii fit party with your mates - laughing is good for the soul and takes your mind off the exams!