



## **The Brain benefits first from exercise!**

**Movement, Physical Activity and Exercise prepare the brain for learning and boosts brain function. For a smarter, healthier, happier brain Exercise, Exercise, Exercise!**  
**Movement, Physical Activity and Exercise:**

- ✓ Anchors learning when more of the senses are involved to increase the executive function of the frontal lobe
- ✓ Grows new brain cells (neurogenesis) in the learning and memory center (hippocampus) of the brain
- ✓ Gets the brain's fuel, oxygen and glucose to the brain faster
- ✓ Moves the body in space (spatial awareness) to help the brain see letters and numbers on a page
- ✓ Engages static and dynamic balance to put the brain and body into focus and attention
- ✓ Crosses the midlines of the brain and body to aid in coordination of movements and thoughts by organizing, integrating and energizing the brain's hemispheres
- ✓ Is practice in hearing a steady beat and keeping a steady beat (beat awareness and beat competency) to develop the language areas of the brain for receptive and expressive language and to develop the internal dialogue
- ✓ Reinforces the basic motor movements that lay the framework for learning: crawling/walking, jumping and rolling
- ✓ Activates BDNF, the Miracle Gro™ for the brain that nourishes and protects the neural pathways for learning
- ✓ Uses repetitive gross motor movement to aid the brain in putting patterns into a sequence
- ✓ Engages mirror neurons for imitation
- ✓ Promotes emotional safety through positive social feedback with partners and groups
- ✓ Reduces stress naturally and acts as a anti-depressant
- ✓ Regulates mood and behavior by naturally balancing neurotransmitters
- ✓ Accelerates motivation, increases self esteem, and promotes cooperation and communication skills.

(by Jean Blaydes Madigan Action Based Learning [www.actionbasedlearning.com](http://www.actionbasedlearning.com))