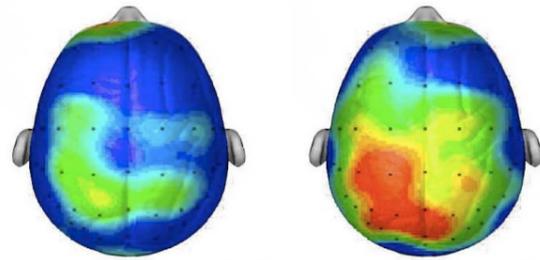


# Keep Active

Information for Students



## How can it help?



After sitting quietly      After 20 minute walk

Research/Scan compliments of Dr. Chuck Hillman University of Illinois

**Red** areas are very active;  
**Blue** areas are least active

- 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**

## It can even help in Exams!

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

Serotonin – involved in regulating your sleep cycles and boosting your mood.

Norepinephrine – affects motivation and mental stimulation

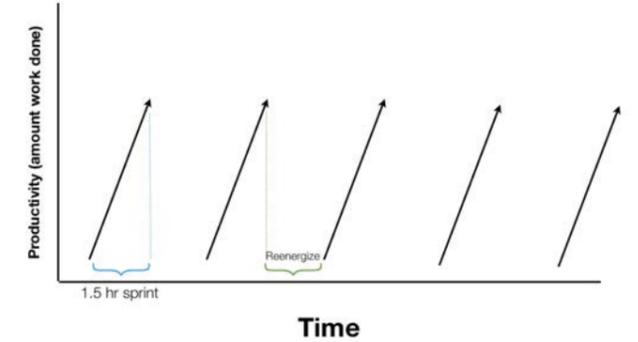
Dopamine – positively influences learning and your attention span

## Why take breaks in 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, with 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 I fit it in?

1. 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.
2. Use your break for something relaxing and refreshing, but which won't distract you from getting back to work.
3. Do something that involves getting up from where you're revising and moving around.



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.

## Find a routine 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

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

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