YOUR BRAIN on PHYSICAL ACTIVITY

A little sweating is not just good for your body – it’s also an effective way to improve brain function and mental health. Sounds like a smart idea, right?
Here’s what physical activity can do for your **brain**:

- Better memory
- Improved memory
- Protection from age-related brain damage
- More “pleasure” chemicals released (like serotonin and dopamine)
- Mood-boosting and antidepressive effects

**Take a quick study break:**
Here’s a half mile loop (around 8 minutes) to keep you focused during long library sessions.

**Walk to Davis instead of taking the Joey.**
Roundtrip: 1.4 miles, 30 min total.

**Search YouTube for quick stretching, strength, or yoga videos** – try them at the gym or in the comfort of your room. FitnessBlender is a great channel to try.

**Run to Mystic Lake** to get cardio in the fresh air. Our website has routes that are 3 mi, 4 mi, 6.5 mi, and 8 mi.
[http://sites.tufts.edu/balanceyourlife/runningwalking-routes/](http://sites.tufts.edu/balanceyourlife/runningwalking-routes/)