EXERCISE AND LEARNING

DONALD AND BARBARA ZUCKER SCHOOL of MEDICINE AT HOFSTRA/NORTHWELL

DID YOU KNOW:

Exercise improves brain power?

Emotional Health

Endorphins are released when we exercise that elevate our mood and ward off stress, a common issue for medical students. Exercise can also boost self esteem!

Focus

When we exercise, we increase the blood flow to the brain, sharpening our focus. Research shows that even a short brisk walk of 10 minutes can have a significant impact on our ability to focus.

Productivity

The more we exercise, the more energized we feel, leading to higher production rates. Exercise has also been linked to greater creativity and faster learning.

Physical Health

Regular exercise is linked to better weight control and lower incidence of negative health conditions and diseases such as diabetes, certain types of cancer, and arthritis. Staying physically healthy is important in medical school in order to perform your best and not fall behind.

Brain derived neurotrophic factors

Brain-derived neurotrophic factors (BDNFs) are produced when we exercise. BDNFs help support the formation of memories and assist with learning complex topics.

Easy ways to work exercise into your day:

- Participate in the Zucker SOM running club
- Take a stroll around campus during breaks
- Walk and talk with friends while teaching each other concepts

Exercise aids in executive functioning including

- Concentration
- Impulse Control
- Foresight
- Problem Solving

Interested in more tips?

Make an appointment with the Office of Academic Success:
SomAcademicSuccess@Hofstra.edu

RESEARCH THAT SUPPORTS THE BENEFITS OF EXERCISE AND LEARNING

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