

Why we should exercise as A Level students.

Exercise improves learning on three levels:

1. It optimizes your mind-set to improve alertness, attention, and motivation.
2. It prepares and encourages nerve cells to bind to one another, which is the cellular basis for logging in new information
3. It spurs the development of new nerve cells from stem cells in the brain. This is because when you exercise, your body produces a protein which is then released into the bloodstream. This then helps your brain to produce yet another protein which prompts your body to grow new nerves.

So, in short, exercise helps the brain get ready to learn and it actually makes retaining information easier and regular exercise makes your brain stronger.

Everyone knows that exercise is a proven method when it comes to improving your physical health. Experts have found that there is a connection between being physically healthy and delivering a strong academic performance. This is because low-intensity exercise can give your energy levels a boost, which is great for when you are reaching the end of a day full of lessons.

So, how could not exercising negatively affect you? Research shows that exercise can be the best defense against a lot of the common mental health issues that students struggle with. Exercising produces endorphins. Endorphins are chemicals within the brain which act as natural pain killers and improve the ability to sleep while contributing to a general feeling of well-being. Exercise also boosts dopamine levels, which improve mood and jump-start the attention span. Two and a half hours of fitness per week can drastically help students who suffer from depressive moods, stress, anxiety, panic disorders and ADHD.

I would also like to take this opportunity to talk about one of my sports. A few years ago, I began obstacle course racing, and it has introduced me to an amazing community of people. A year after I started running for fun, I was invited to come to some training sessions. Since then, I have now competed in many competitions including the World championships where I represented Team United Kingdom! The Obstacle Course Racing World Championship or the OCRWC was founded in 2013 with a goal of providing a platform to unify the sport's athletes and communities. Since then, at the 2019 world championship, 3500 athletes competed, representing 75 nations. The OCRWC has been held in many countries so far such as the United States, Canada, the United Kingdom, South Africa and Australia.

I use exercise daily to help me destress, it has helped me a lot with my mental health and helps me to focus in and out of school. A healthy body equals a healthy mind. Staying fit can lift your mood, relieve stress, and boost your brain power.