EXERCISE FOR THE BRAIN

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Aside from academics, and proper diet another factor from that affect the learning and growth of students in a holistic approach is proper exercise.

There are numerous exercises that can aid with the stimulation of the brain. Exercise and bodily activity facilitate increase in blood flow in the body. Increase blood flow can indicate that more oxygen and nutrients are delivered to the cells. There are studies that prove that proper and regular exercise can help increase focus, sharpness, and mental response. In addition, exercise also promotes heart-health, endurance, and flexibility.

Strength training in particular not only builds endurance, muscles, and bone growth but is also proven to increase an individual’s focus and concentration, it also helps with improving mood and disposition. It is also linked to better decision making and problem solving.

Flexibility training can also double as a way to improve memory and retention of information. During flexibility training, the brain is very much entuned to the body. It gives a therapeutic relaxation to the mind which helps with the increase in response rate and also with mental sharpness.

Other than general trainings there are also basic exercises that can easily be done in a day to day setting that can build the mind power. Jogging and brisk-walking is also a great exercise to start the body moving and the blood pumping. These activities increase the heart rate and promotes sweating that is super advantageous to the brain.
In fact, there are no limitation in terms of the types of exercise that can be done to promote brain stimulations. Any form of active work-out will do. As long as it increases in body heat and blood flow, it will suffice.

It is very much advisable for students to indulge in exercise. It very easy for students to neglect other factors in effective learning. As stated, the holistic approach is the key to an effective learning. It is a hand in hand method in which the students not only learn through theories and academic but they also build a health-based system within their body which enables them to understand and retain the topics, lessons, and concepts better and in a long term.

For high school students, there are not many options in terms of how they can partake in exercise. This is where M.A.P.E.H comes into play. The P.E. aspect of M.A.P.E.H is a huge part in keeping the students active amidst their sluggish daily routine. This lack of initiative to work-out and move is especially evident for Millennial generation where their daily activity is majorly consisting of mobile phones and computer.

The life-style of young generation is counterintuitive to the holistic approach in learning. That is why P.E. is more important than ever. It is the key for students to move and be active, for they do not have a choice. Grades are also incentive for motivation. P.E. also intrudes different types of sports that can be available for daily practice.
References:

https://healthybrains.org
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