

Physical Well-Being: Fueling for Finals

MOVE EDITION



What is the benefit of physical movement when studying for finals?

- Enhances Cognitive Function: Physical movement boosts blood flow to the brain, improving memory, attention, and problem-solving, which are crucial for effective studying
- Prevents Mental Fatigue: Taking movement breaks prevents mental exhaustion, ensuring optimal cognitive performance
- Reduces Stress: Regular movement releases endorphins, relieving stress to create a more positive mindset during high-pressure times
- Supports Overall Well-Being: Incorporating physical movement into study routines improves academic performance by promoting a healthy lifestyle and balance between mental and physical health

Check off the exercises below to be entered into a raffle!

- Walk a lap around the puddle
- Take a break from studying and stretch for 5-10 minutes
- Take the stairs somewhere you would normally take the elevator
- Walk downtown to get your favorite study snack

**Snap a picture of
yourself doing each
exercise and submit
them using the QR code!**

