EXERCISE & LEARNING: WHAT'S THE CONNECTION?

Exercise promotes brain-derived neurotrophic factor (BDNF) which stimulates neurogenesis - the growth of brain cells, which improves learning!

↑ BDNF

↑ Norepinephrine levels
A neurotransmitter with a central role in controlling alertness, attention, and memory in the central nervous system.

↑ Dopamine levels
A neurotransmitter that helps control the brain’s reward and pleasure centers, which positively impacts our feelings of wellness.

To learn more about health & wellness at MIT, visit http://mitpe.mit.edu/Health-and-Wellness-Information