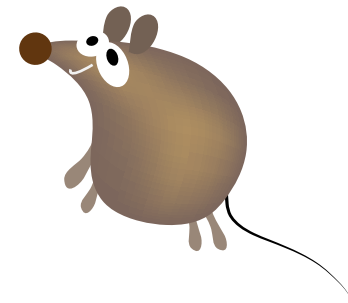


Rachel's Racquet

You know that I love to exercise right? But did you know that exercise has been proven to help your memory? How great is that? Scientists have actually conducted experiments in mice to see how exercise can help improve memory. They split up a group of mice into two groups, one that had exercise wheels that the mice could use (they were called the 'runners'), and the other did not have any wheels (they were called the 'non-runners'). They studied them for a while to see what differences they could find, and here is what they found:



"Compared with the non-runners; the researchers found the runners learned the task faster than the non-runners and took a more direct route to the maze end."

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So, the next time you need to learn something new that you might have to memorize (like times tables?) you might want to try learning it while you are doing some type of physical activity, like jumping rope. The best part is that you can exercise and do homework at the same time! Now that is a winning game in my book!!