

Get Active, Be Productive

FOR MEMBERS



Do you sometimes have a hard time concentrating at school or during your 4-H meetings? Or struggle to retain and recall new content? Regular physical activity can improve brain function and help be more productive, in and out of the classroom!

One important part of our brain is the hippocampus, which is the core of our brain's learning and memory systems. By regularly participating in physical activity, our hippocampus can actually grow in size and make new connections.¹ This then improves our ability to:



Think

the more we sweat, the easier it will be to think clearly when we need to make a big decision.²



Create

physical activity can help fire up the right side of our brain, which is responsible for creativity.³



Focus

the brain works harder to resist distractions when we are physically active, by releasing a protein called brain-derived neurotrophic factor (BDNF), which acts as a booster to our concentration and memory.⁴ Having trouble focusing? Grab a friend and consider going for a walk at lunch time.



Learn

physical activity can help improve long-term memory.⁵ It can also help you be a better learner, and benefit you when taking your 4-H club quiz at the end of the year.

Other benefits of physical activity include:

✓ more energy⁶

✓ less stress⁷

✓ better organization⁸

Ideas for adding more physical activity into your routine:

- ✓ Walk or bike to and from school or your 4-H meeting.
- ✓ Carry a ball, skipping rope or yoga mat around and use it in your free time.
- ✓ Join a team sport.
- ✓ Help your parents shovel the driveway or rake the leaves after school.
- ✓ Work with your 4-H animal – it can get you walking and running.
- ✓ Try biking! It helps you build your cardio and gets you outside to enjoy the fresh air.
- ✓ Grab a friend and go for a run!

The 24-Hour Movement Guidelines for Children and Youth recommend that young people between the ages of 5 and 17 get a minimum of 60 minutes of heart-pumping physical activity each day.⁹ Does 60 minutes a day sound like a lot? Try breaking it up into two 30-minute sessions!

Need some help getting physically active? Start by brainstorming a list of ways to get active and rank them from most to least favourite. Then ask yourself: are your top three activities something you can do often, or every day?



For more information, check out the **Think Better, Create Better, Focus Better and Learn Better** pages at **participACTION.com**



4-H Canada has partnered with ParticipACTION to develop this resource
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