

## Cognitive Benefits from Activity

- Activity stimulates growth in developing brains - Hannaford 1995
- Aerobic activity produces NGF (Nerve Growth Factor) - Howard 2000
- Exercise makes the body more adept in responding to mental challenges  
Dienstbier 1989
- Participation in games and play boosts academic learning - Silverman 1993
- Running and other aerobic activity enhances brain activity the most  
[Cognitive Reading Skills most affected] - Jensen & Dabney 2000
- Students with daily PE have higher academic performance Hannaford 1995  
Jensen 1998