

Researchers *James Pollatschek and Frank Hagen* says, "**Children engaged in daily physical education show superior motor fitness, academic performance and attitude toward school as compared to their counterparts who do not participate in daily physical education**" (1996, p. 2). Aerobic and other forms of "toughening exercises" can have enduring mental benefits. The secret is that physical exercise alone appears to train a quick adrenaline-noradrenaline response and rapid recovery. In other words, by working out your body, you'll better prepare your brain to respond to challenges rapidly. Moderate amounts of exercise, 3 times a week, 20 minutes a day, can have very beneficial effects.