

change

Is Physical activity important for learning?

First I had never thought about exercise and learning. After looking at a picture brain I thought when you do a lot of exercise you get really smart.

Then, I learned after watching a news video, that when you wiggle and move around you become more smart. A professor from Harvard has done research and found that if you exercise more your brain will get a lot smarter.

Now I think physical activity is important because if you exercise more get smarter.