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The Effects Of Exercise On Memory

The purpose of this project was to find out whether exercising or a sedentary activity would more greatly affect the brain's ability to remember a group of objects. The experiment involved fifteen subjects being exposed to a collection of 20 items for one minute. Then they were broken into two groups; one group watched the movie "The Last Mimzy" while the other group exercised. These activities lasted 30 minutes. At the end of the 30 minutes, the two groups came back together and had one and one half minutes to write as many items as they could remember from the collection. The data collected proved that the subjects who participated in the thirty minutes of exercise were able to remember a significantly higher number of items than those who were sedentary. The group who exercised averaged twelve items remembered correctly while the non-exercisers only averaged nine correct. The exercisers achieved a 58% recollection average and the non-exercisers had only a 45% recollection average. These findings point to an obvious connection between the positive effects of exercise and our memory abilities. This is highly significant to both students and adults who desire to increase their memory, and in turn their learning. In order for our brains to function at peak performance, exercise is an essential activity.