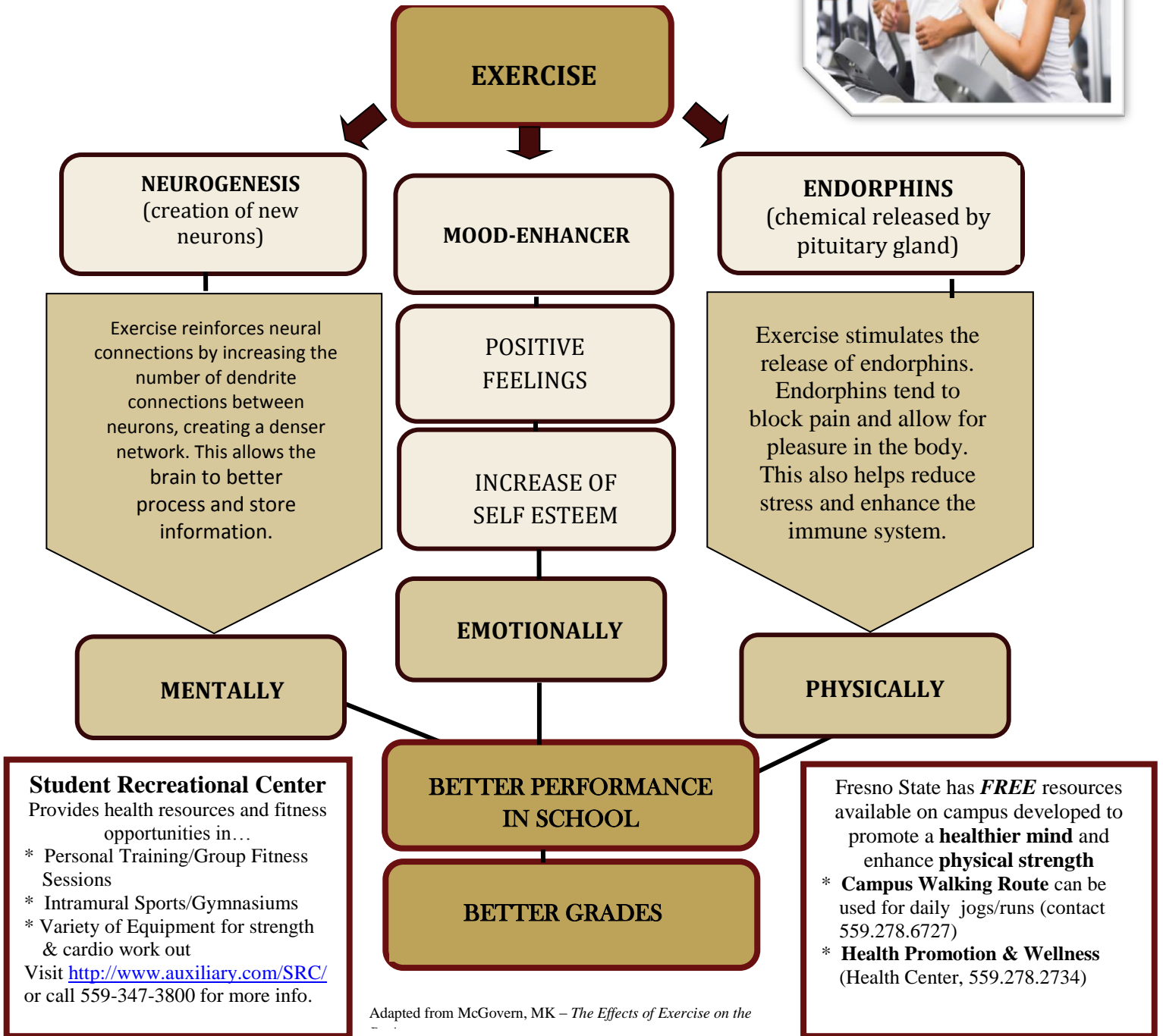


# Exercise Your Way to Better Grades

Can exercise give you better grades? Studies indicate that college students who regularly engage in vigorous exercise get better grades when compared with students who do not exercise. Exercise helps reduce stress, improves performance, and increases a sense of well-being. Set aside just one hour a day and exercise – it can help improve your grades!



Adapted from McGovern, MK – *The Effects of Exercise on the*