

# Exercise improves learning and memory in young adults

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Just a single exercise workout has positive effects on learning and memory in young adults, according to a recent review of published studies.

The review, which is published in *Translational Sports Medicine*, included 13 relevant studies. The types of exercise that were studied involved walking, running, and bicycling in individuals between 18 to 35 years of age.

Investigators found that [aerobic exercise](#) for 2 minutes to 1 hour at moderate to [high intensity](#) improved attention, concentration, and learning and memory functions for up to 2 hours. They noted that the results may have important education-related implications.

"Exercise makes you smart," said co-author Peter Blomstrand, MD, Ph.D., of County Hospital Ryhov and Jönköping University, in Sweden.

**More information:** Peter Blomstrand et al, Effects of a Single Exercise Workout on Memory and Learning Functions in Young Adults – a Systematic Review, *Translational Sports Medicine* (2020). [DOI: 10.1002/tsm2.190](#)

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