

Exercise improves learning and memory in young adults

September 10 2020



Credit: CC0 Public Domain

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](#)

Provided by Wiley

Citation: Exercise improves learning and memory in young adults (2020, September 10) retrieved 2 May 2024 from <https://medicalxpress.com/news/2020-09-memory-young-adults.html>

<p>This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.</p>
--