We all understand that exercise is great for our physique, but could there be more benefit to working out than meets the eye? Yes, it is true that being active can boost your muscle size, enhance your sex life, and improve your overall physical health, but what is occurring to your mental well being when you are at the gym? And does adapting to an active lifestyle at an early age have a long lasting impact? Merriam-webster defines Exercise as “bodily exertion for the sake of developing and maintaining physical fitness.” Although there is no evidence in that definition that suggests any benefit to your mental-state in regards to exercise, other sources have a different approach. Martin Rasmussen and Karin Laumann are the Authors of “The academic and psychological benefits of exercise in healthy children and adolescents.” Their journal entry derives from the “European journal of Psychology of Education.” Throughout their work, they describe how the act of exercising is much more extensive and in depth than one may think. In their journal entry they discuss the results they received from various forms of research. Their conclusion? Not only does exercise reinforce your physical wellness, but it also has a positive correlation toward self-esteem and cognitive function. On top of that, they gained evidence to suggest that being able to have an active lifestyle in childhood, and to then carry that lifestyle with you throughout your days is going to have much higher impact on your cognitive function.
than if you begin that type of living at a later point in your life. One of the studies performed was to see if there was a positive cognitive effect from exercise. Their research involved 72 students (ages 7-10) who were split into two separate groups. One group watched a children's television show while they rode a fitted exercise bike. The other group watched the same television show but did not exercise in the slightest. After this step, each group was given various reaction-time tests along with memory exams. The end result was a higher score on both exams from the group that performed exercise during the film. Laumann and Rasmussen then go on to describe that the ability to pursue an active lifestyle is available at any age, but when you start younger, there is more reward in the aspect of health because you took care of yourself from the beginning and in turn reinforced your being for the future. Another Author named Karin A. Bilich shares a similar view. In her article called “10 benefits of physical activity,” she discusses how keeping in shape can help your child through their life. 1 of the 10 steps that Bilich talks about is how exercise in general is extremely beneficial to your emotional well-being. According to Bilich, when you put strain on your body through physical activity, your brain releases beta-endorphin, which is a naturally occurring chemical in the body that is 100 times stronger than morphine. When this chemical is released It is used as an analgesic in the body to numb or dull pains. This is where that uplifting “runners high” derives from. Other sources have a decent spectrum of information to reinforce the previous studies. Authors, Philip D.Tomporowski, Catherine L. Davis, Patricia H. Miller, and Jack A. Naglieri composed a handful of studies to examine the effects of exercise on children's cognition, achievements through academics, and their overall intelligence. Much of the research that these scientists conducted seems to have a similar approach to the experiments that Martin Rasmussen and
Karin Laumann led in order to see the correlation between exercise and positive cognitive ability. Just like Rasmussen and Lauman had multiple groups to compare data to in their studies, so did Tomporowski and his crew. They ran analysis on children ages 7-11 and a second group that were adults ages 35-45. The end result in these experiments proved that exercising your body has a direct effect on enhancing your cognitive ability and if you can start implementing exercise into your life at a young age, you can reinforce your life and live the healthy style you deserve.

Citations:
