



BrainWorks: Exercise and the Brain

Viewing Guide

Here are some questions to ask yourself before and after you watch “BrainWorks: Exercise and the Brain.”

Before you watch the show:

1. Do you exercise regularly?
2. If you do exercise regularly, what do you do?
3. If you do not exercise regularly, why not?
4. Do you think exercise is good for your body? Why?
5. Do you think exercise is good for your brain? Why?
6. Will exercise change your breathing rate, heart rate and blood pressure? How?

After you watch the show:

1. What did the BrainWorks kids do to exercise?
2. How did the BrainWorks kids test their memory?
3. Was there any effect of exercise on the BrainWorks kids' breathing, heart rate and blood pressure?
4. How does Dr. Tandon test the effect of exercise with young children?
5. Why does Dr. Tandon work with young children?
6. What are the three ways that Dr. Medina said that exercise affects the brain?
7. What disease does Nancy's husband have?
8. Do you think people should get more exercise?
9. Do you think schools should have more or less time for exercise?
10. How might exercise be good for you?
11. Will you try to get more exercise?

Watch all the BrainWorks episodes here: <http://uwtv.org/series/brainworks/>

For more information about the Neuroscience for Kids project visit:

<http://faculty.washington.edu/chudler/neurok.html>