

EXERCISE

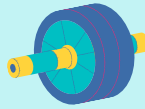
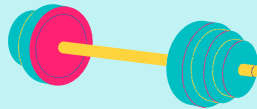
EFFECTS ON COGNITIVE FUNCTION

Exercise and cognitive function go hand in hand. It has been proven that exercise has a great positive effect on a person's cognitive abilities.

why?

Helping your students find an exercise that they love (or at least can tolerate) for a minimum of 15 minutes a day can help to greatly improve their cognitive abilities in-game, especially if they perform this exercise before practice or an important match.

Because esports is a cognitive sport, as little as 15 minutes of exercise per day can increase your players abilities.



exercise also improves other aspects that affect gaming performance:



decreases sleep disturbances



improves energy levels



improves mental health



improves stress management



provides screen breaks

