

# CMC Walking Club

Let's get moving!! Walk together for 25 minutes each Monday and Wednesday during Spring Trimester.

**Start Date:** Wednesday, April 3 - then EVERY Monday and Wednesday

**Time:** 12:05-12:30pm

**Location:** At the front entrance of CMC Commons

**Leaders:** Elaine and Karyn

## Be prepared:

- Wear or bring comfortable shoes
- Stay hydrated! Bring a bottle of water
- Plan ahead for lunch - we will return at 12:30, so you will have 15 minutes to eat
- Use these exercise minutes for your PE log for course credit!

## THE BRAIN BENEFITS OF EXERCISE



INCREASES PRODUCTION OF NEUROCHEMICALS THAT PROMOTE BRAIN CELL REPAIR



IMPROVES MEMORY



LENGTHENS ATTENTION SPAN



BOOSTS DECISION-MAKING SKILLS



PROMPTS GROWTH OF NEW NERVE CELLS AND BLOOD VESSELS



IMPROVES MULTI-TASKING AND PLANNING

