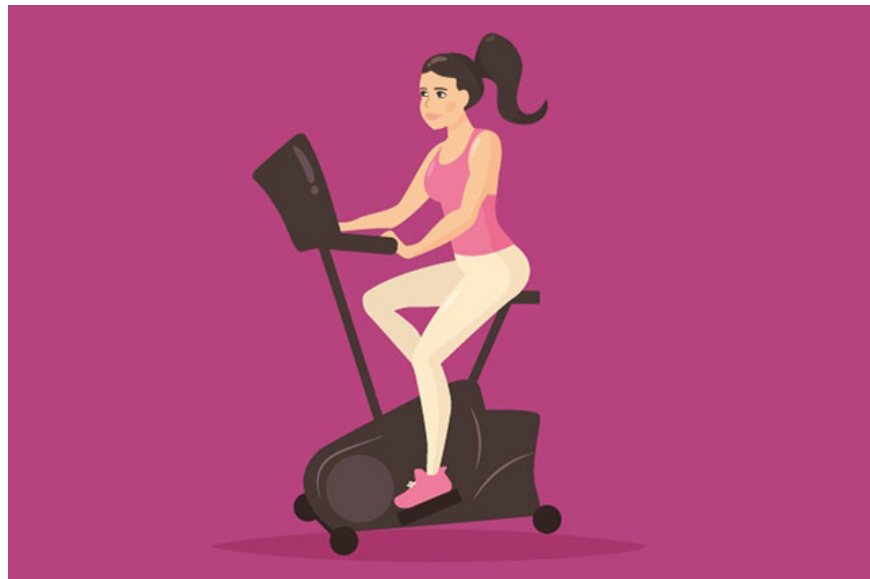


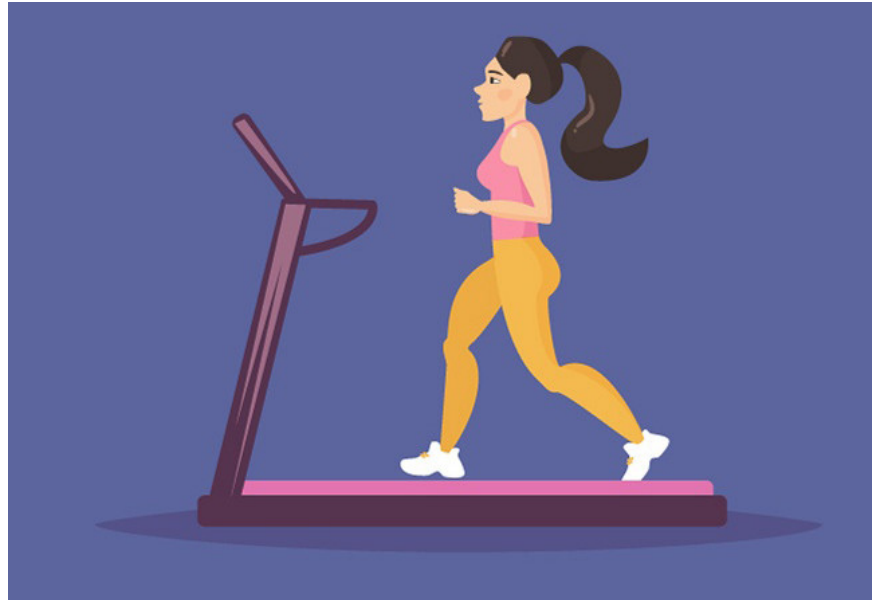
# How does different exercise affect the brain?

Physical activities help your body become healthier, more supple. Besides, each different exercise has different positive effects on the functioning of the human brain. They help us increase intelligence, reduce stress, increase cognitive ability, and fight depression ...

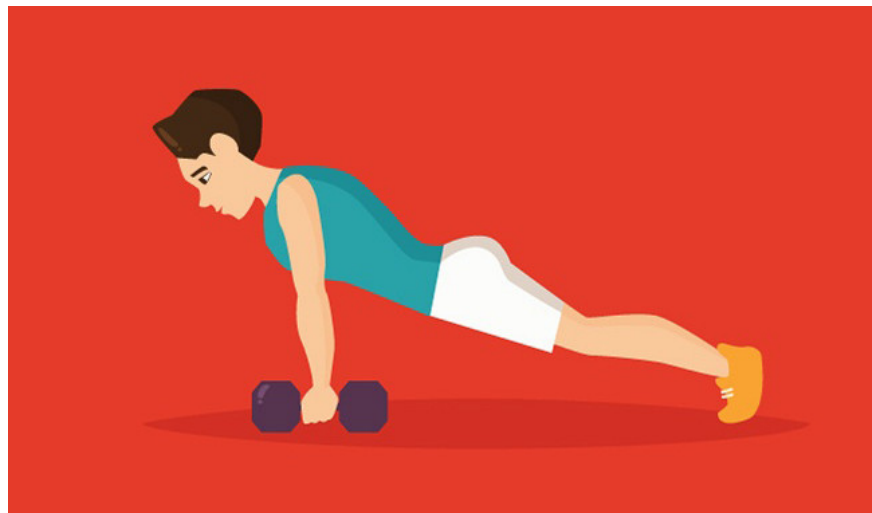
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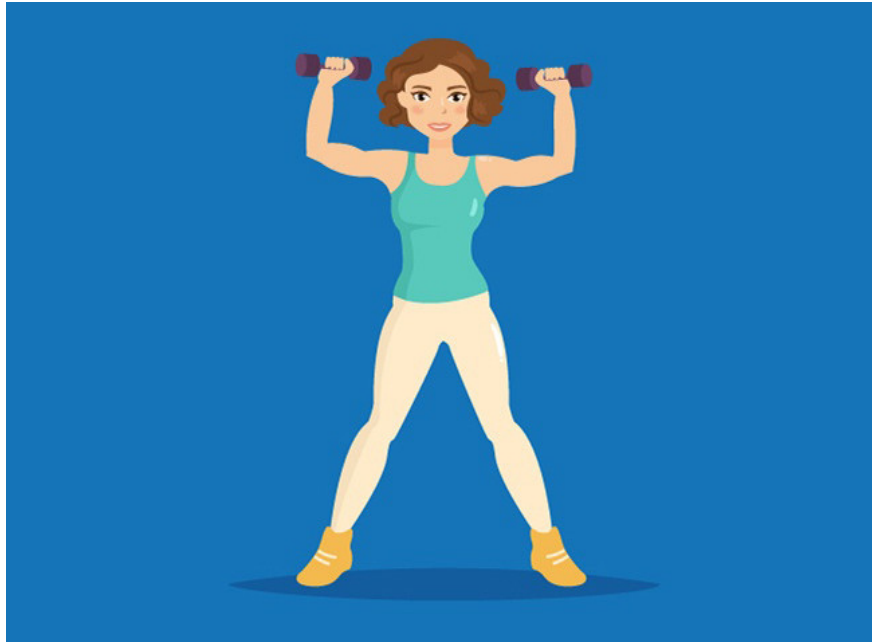
Cycling is the best way to reduce stress, help relax and regain balance after stressful working hours. You should ride at least 30 minutes a day to get the best benefit from this sport.



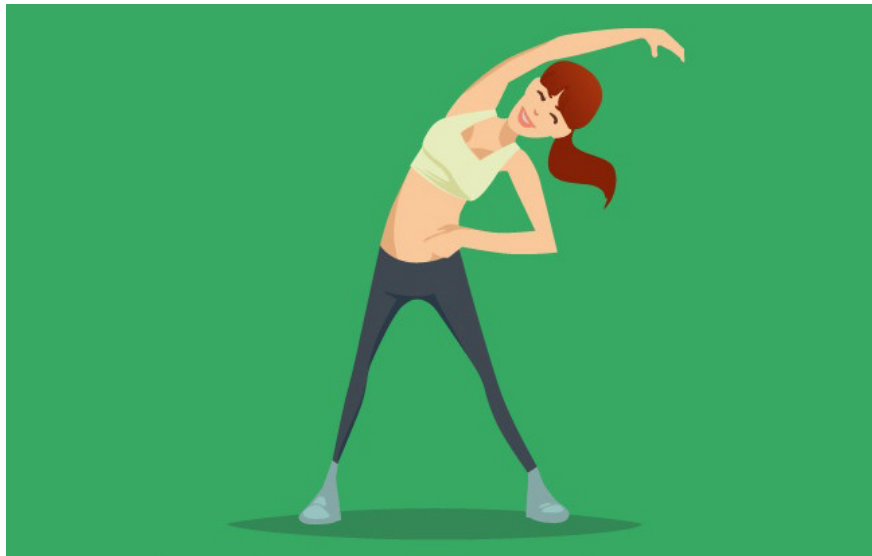
Jogging helps relieve pressure, laziness and chronic fatigue. If you don't have time, running for 5-10 minutes also feels more relaxing.



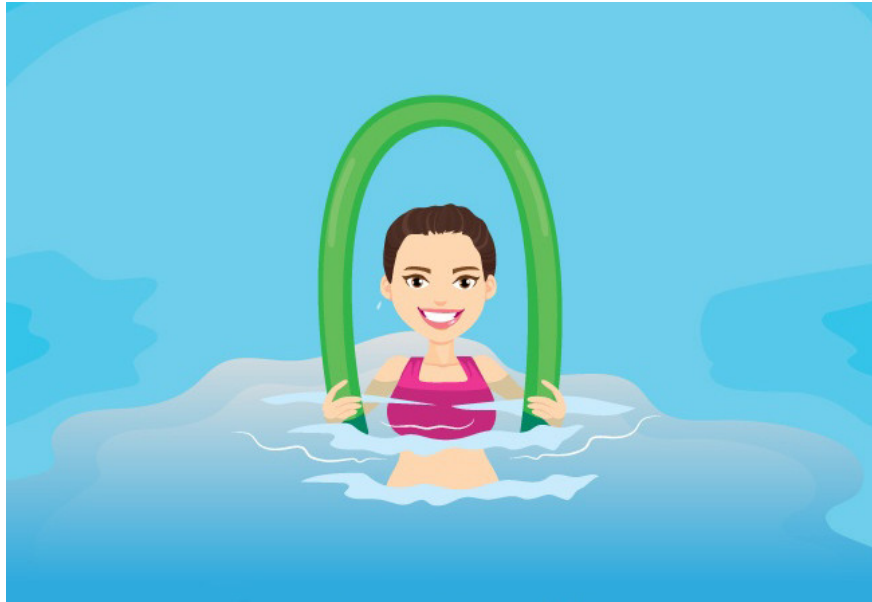
Cardio (cardio cardio exercise) is any exercise that increases your heart rate to a certain extent and maintains it for as long as you want. Cardio exercises are very diverse: cycling, stair climbing, soccer, sailing, anti-push (sniffing) . They help you study better.



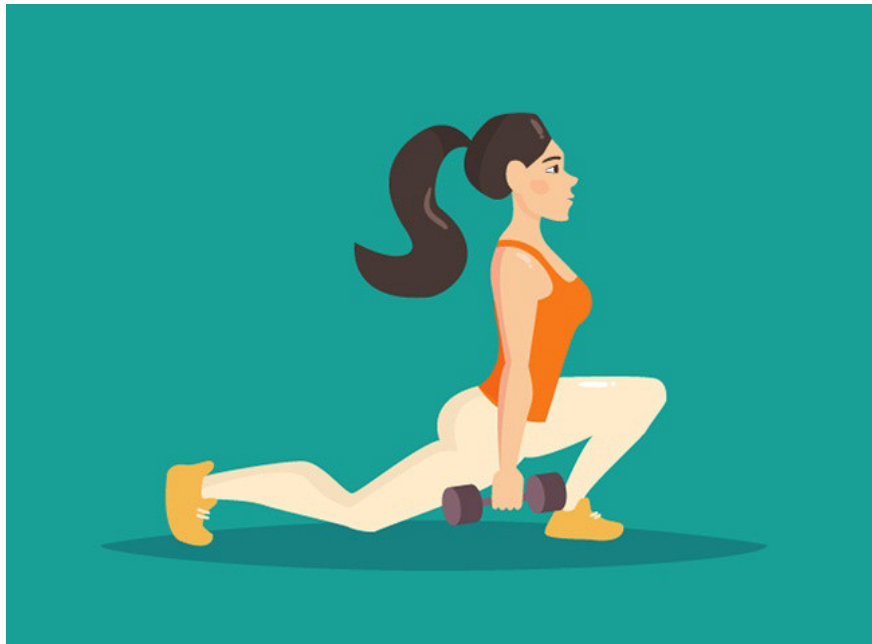
Weight lifting exercises help increase concentration, improve brain function.



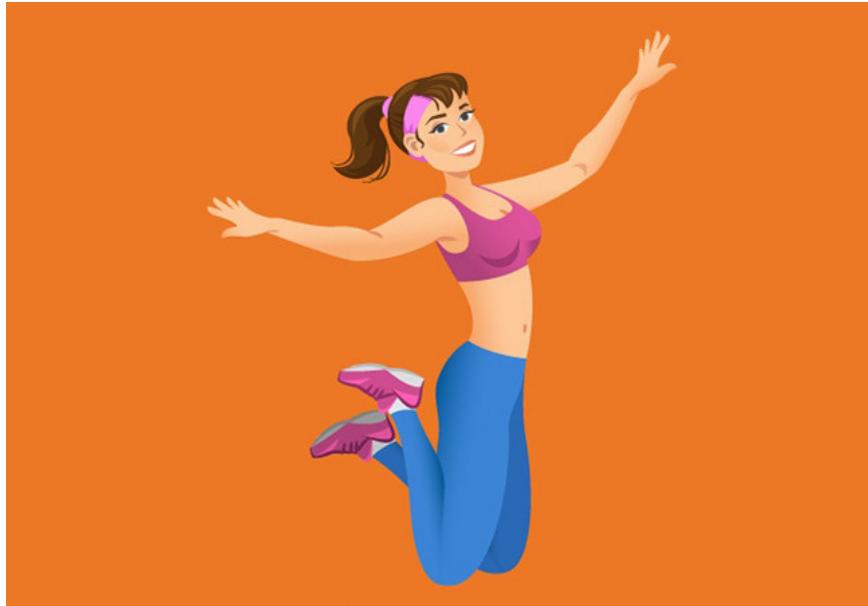
Aerobic exercise will make your brain more flexible and better aware.



Swimming in the morning helps you recharge for a stressful working day. Meanwhile, swimming in the evening helps relieve stress, stabilize the nerves.



If you practice regular basic exercise, you can improve sleep for people with insomnia. You should practice in the morning and afternoon to get the best effect.



Movement helps the body release happy hormones that make your life more fun and comfortable. This is the best medicine for your spirit and health.

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