

# Developing an Evidence-Based Exercise Plan

Brain Studies

SBC161

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## Introduction

Research studies have shown that exercise helps our brains function at their best. Unfortunately, a large percentage of people in our country do not get enough physical exercise to realize this maximized performance. In this project you (and a partner if you so choose) will create an exercise plan that is based on what current research suggests is necessary for optimal brain and body health.

## Project Objectives

After careful reading of the articles *How Exercise Benefits the Brain* on p. 139 and *How Exercise Protects Your Brain's Health* on p. 145, create a seven day exercise plan that is supported by evidence that you can use to improve the health of your body and brain.

## Project Requirements

Your project will be assessed on the following guidelines:

1. Your plan includes **7** days of activities.
2. You cite a minimum of **5** pieces of evidence from the two readings and **1** piece of evidence from a reputable, outside source.
  - (a) One of the pieces of evidence must relate to BDNF.
3. Your project is typed and fits on one side of a sheet of letter paper.
4. You incorporate relevant visual elements in your plan.
5. The layout of your plan is visually appealing and easy to follow.
6. A reflection on your current exercise routine (if any) and how it compares to your exercise plan.
7. A nominal bonus will be given if you complete this project individually.

## Formating

A few comments on the formatting and presentation of your exercise plan:

### Front Side

The front page will contain your exercise plan.

- As stated above, your exercise plan should fit on one side of a sheet of letter paper. You are free to present your plan in any way you'd like. Be creative.
- Cite your sources on the plan by placing a superscript number after each piece of evidence. Then, on the back page list out those numbers along with the reference.

### Back Side

The backside should be formatted to include the following:

- Your name(s) at the top.
- The list of your **6** references.
- Your reflection paragraph(s).