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Further Research

Exercise and ADHD

One of the characteristics of children with ADHD is that they seem to have plenty of energy. Too much energy. They want to talk, they want to move, they need to be doing something. Today's study examined the research on children with ADHD and exercise.

Researchers conducted a meta-analysis on studies that examined the effects of exercise on the symptoms associated with ADHD. Those symptoms include inattention, hyperactivity, impulsivity, anxiety, learning and memory difficulties. The analysis showed that even short-term aerobic activity improved almost every symptom of ADHD.

What constitutes short-term aerobic activity? Running, skipping, jumping, climbing—just about everything that would be in elementary and middle school physical education classes if they actually existed in more than a few school districts, and recess as well. The findings are not surprising; kids work off the excess hormones and they calm down. What a concept!

Certainly, ADHD is more complicated than that, but this study illustrates the importance of regular exercise for children. They were born to move and need to move. If not at a school, then before or after for sure.

What are you prepared to do today?



Dr. Chet

Reference: Child Care Health Dev. 2015 May 18. doi: 10.1111/cch.12255.

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