



MEDIA RELEASE

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Link revealed: Exercise = brain food

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Researchers have uncovered compelling evidence of how regular exercise – particularly in children - is food for the brain, helping to aid learning and improve thinking.

The landmark research will be presented and applied in Adelaide at the 27th International Conference of the Australian Council for Health, Physical Education and Recreation next month.

The “Moving, Learning and Achieving” conference will hear how global brain science researchers believe they have found the missing link between human movement and brain functioning.

Conference Program Director Dr Graham Dodd said the findings were among a raft of new research to be presented.

‘Recent brain research reveals that moving is not only good for your health but it also grows the brain’s capabilities and improves thinking. In regards to children, we now know that it increases the performance of their brain and helps them to learn,’ Dr Dodd said.

The Conference will showcase the findings of world leaders in this area who have motivated and inspired health and physical education professionals to adopt new approaches.

These global experts include Jean Blaydes Madigan (Texas), Dr Frances Cleland (West Chester University, Pennsylvania), Professor Donna Cross (Edith Cowan University, Western Australia) and Dr Tim Hopper (University of Victoria, British Columbia).

Dr Dodd said the conference aimed to bring a fresh new perspective to health and physical education.

The conference will be held at Prince Alfred College, Adelaide from April 18 to 20 2011. For further information or to arrange interviews, please contact:

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