

Objectively and subjectively measured physical activity: associations with cognition and academic achievement in adolescents

Van Dijk, M. L., De Groot, R. H. M., Van Acker, F., Savelberg, H.C.M., & Kirschner, P. A. (2013)

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How Exercise Fuels the Brain

By GRETCHEN REYNOLDS



Shannon Stapleton/Reuters

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