

AUDIO SCRIPT

[Male Lecturer]

M1: Good morning, everyone.

Today, I want to talk about the relationship between physical activity and the mind. We all know that physical activity is good for our bodies. Physical activity gets the blood moving and strengthens the heart muscle. As a result, the oxygen level in our blood rises. Regular exercise lowers blood pressure. And, of course, exercise helps us to maintain a healthy weight. People who exercise regularly are less likely to get diabetes and other diseases. Physically fit people often live longer.

So, there's no doubt that physical activity is great for the body. But what does it do for the mind? Well, in recent years, there has been a lot of research about the relationship between exercise and the mind. Not surprisingly, exercise has a *very* positive effect on the mind. Exercise releases endorphins—powerful chemicals in the brain that lift our spirits and make us feel good. So, physically active people are less likely to suffer from mental illnesses such as depression. They are generally happier and have a greater sense of well-being than people who don't exercise. Physical activity helps to relieve stress, anxiety, and anger. It distracts us from our problems. Physically active people are less likely to experience a decline in cognitive function, such as thinking and learning, as they get older.

You don't have to be a marathon runner or an Olympic athlete to experience the mental benefits of physical activity. Even a walk is good for the mind. This leads me to an interesting study that was recently published in the *Journal of Experimental Psychology: Learning, Memory and Cognition*. The study was co-authored by Marily Oppezzo, a doctoral graduate in educational psychology, and Daniel Schwartz, a professor at Stanford Graduate School of Education. The researchers studied 176 people and found that walking increased their creative output by an average of 60 percent!

Many creative people say they do their best thinking when they go for a walk. Steve Jobs, the co-founder of Apple, was famous for his walking meetings. According to Geoff Nicholson, author of *The Lost Art of Walking*, "There is something about the pace of walking and the pace of thinking that goes together. Walking requires a certain amount of attention but it leaves great parts of the time open to thinking." After the break, we'll look at some famous creative thinkers who loved to walk, such as Charles Baudelaire and George Orwell...