

out exception, of exercising at least every other or every third day. In fact, I credit much of my success at work to my routine of exercise.



### An Expert View on Exercise

As has been previously stated, exercise is the single most important activity you can do for your overall mental and physical health. Partially review and partially new, here are some reasons why:

- Exercise helps preserve brain cells.
- Exercise creates a flow of positive chemicals in your brain.
- Exercise helps boost metabolism.
- Exercise releases endorphins, or the brain's natural painkillers, which give you a sense of well-being and drive.
- Exercise keeps a good supply of oxygen and glucose in the brain, both of which are essential for effective brain function.
- Exercise keeps a steady supply of blood flowing to the brain. Most people think of the heart as the “main” organ when it comes to blood supply because it acts as the blood’s pump; however, the brain is actually the most important. Although it weighs just 2 percent of your body weight, it uses 20 percent of your blood supply.

While I knew that something just wasn’t right for me at Tufts, I never questioned my overall plan to attend college. Therefore, after some discussion, my parents and I concluded that a different university environment would suit me better. I applied as a transfer student to two schools: the University of Pennsylvania (once again) and McGill University in Montreal, Canada. Much to my delight and gratification, I was accepted to both!