# ABSTRACT

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| **TITLE:** | The Effects of Exercise on Memory |
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**ABSTRACT:** Research concludes that exercise prevents obesity, prevents cardiovascular disease, and benefits mental health. Previous literature suggests that exercise positively effects memory. The present research investigates the effects of exercise on memory recall in college students. Participants (N=32) either exercised or drew a picture. Memory was then assessed in a reading recall test. Results showed no effect of exercise on memory. Gender differences were present. Male memory recall was higher than female recall. This research suggests further investigation regarding the relationship of exercise and memory.