

# Katrina Aranas

MEd

Department of Educational Psychology,  
Faculty of Education

Image created in Kananaskis, Alberta

*Images of Research Competition*

*University of Alberta*

# Exercise Prescription for ADHD

## ***People's Choice Award (2020)***

When you climb a mountain or practice yoga, your brain releases several important chemicals in the brain. These chemicals affect focus and attention, which are stunted in individuals with Attention-Deficit/Hyperactivity Disorder (ADHD). ADHD is characterized by inappropriate levels of inattention, hyperactivity, and impulsivity and should be treated as soon as possible as it can cause problems in the home, school, workplace, and with relationships. While there is no cure for ADHD, the two forms of treatment that help manage the symptoms are medication and behaviour management therapy. However, these treatment options may not be accessible to everyone due to effectiveness and financial constraints, respectively. Physical activity may offer an alternate pathway. The aim of my research is to explore how to best utilize physical activity to improve the lives of individuals with ADHD. Physical activity is a sustainable, cost-effective approach that can be an option for many individuals and families. This image symbolizes the power of the mind and exercise combined. With it, I want to empower individuals with ADHD and their families to conquer their mountains.