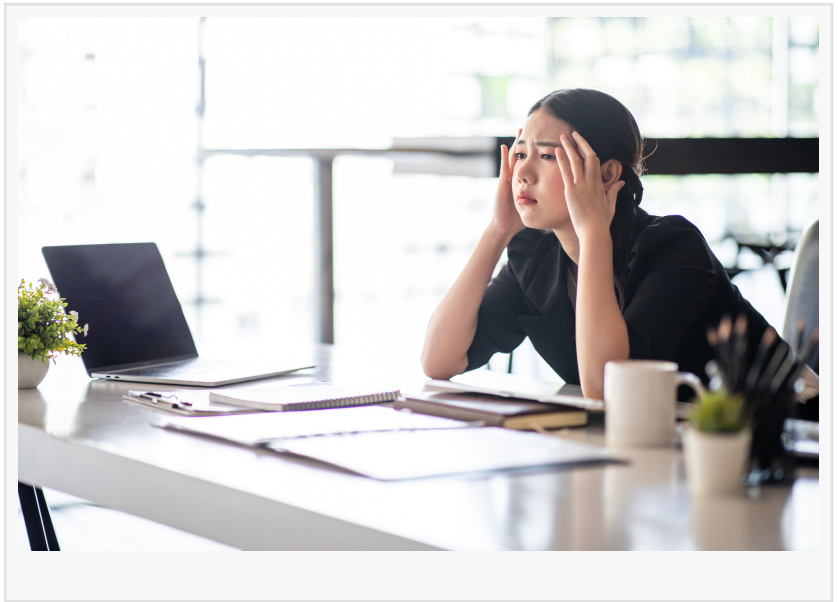


The Benefits of Physical Activity for Managing ADD Symptoms

GULFPORT, MS, UNITED STATES, October 17, 2024 /EINPresswire.com/ -- Attention Deficit Disorder (ADD) is a condition that affects many individuals, making focus, emotional regulation, and managing hyperactivity challenging. While medication and behavioral therapies are frequently employed to manage ADD symptoms, physical activity has emerged as an effective, complementary method to improve focus, reduce hyperactivity, and support overall well-being. [Dr. Stanford Owen](#), owner of [ADD Clinics](#) in Gulfport, Mississippi, highlights the significant role that regular exercise can play in helping individuals with ADD.



Physical activity has long been recognized for its positive effects on mental health, and recent research underscores its benefits for individuals with ADD. Exercise increases the production of neurotransmitters such as dopamine, norepinephrine, and serotonin, which play a key role in regulating attention and focus. These are the same neurotransmitters that many ADD medications target, but physical activity provides a natural boost.

“

Physical activity stimulates the release of brain-derived neurotrophic factor, a protein that promotes the growth of new neurons”

Dr. Stanford Owen

“Exercise offers a unique way to enhance focus and attention, similar to how medication works by promoting

the release of key brain chemicals,” said Dr. Owen. “For individuals with ADD, maintaining a consistent exercise routine can support cognitive function and help manage symptoms more effectively.”

Aerobic exercises such as running, cycling, and swimming have shown particular promise in improving attention and mental clarity. These activities promote increased blood flow to the brain, delivering essential oxygen and nutrients that enhance concentration. For individuals with

ADD, regular engagement in physical activity can lead to noticeable improvements in focus, which may benefit performance in both academic and professional settings.

Another common challenge for individuals with ADD is managing hyperactivity. Hyperactive behaviors, such as fidgeting, restlessness, and impulsivity, can disrupt daily life. Physical activity provides an outlet for releasing excess energy, which can help reduce hyperactivity in other environments, such as school or work.



“High-intensity activities like team sports or martial arts are particularly effective for managing hyperactive behaviors,” noted Dr. Owen. “By channeling energy into structured physical exercise, individuals with ADD can experience a greater sense of control and reduced impulsive behaviors.”

Physical activity also plays a critical role in regulating emotions, which is often a concern for individuals with ADD. Mood swings, frustration, and difficulty managing stress are common challenges that can affect daily life. Exercise promotes the release of endorphins, chemicals in the brain that reduce stress and improve mood. For individuals with ADD, this enhanced emotional regulation can lead to a more stable and positive mental state.

“Many individuals with ADD experience difficulty controlling their emotions, and physical activity provides a natural way to stabilize mood,” Dr. Owen explained. “Exercise not only helps reduce stress but also fosters a sense of accomplishment, which can boost self-esteem.”

In addition to its immediate benefits, physical activity also supports long-term brain health. Studies have shown that exercise can increase the size of the hippocampus, a region of the brain responsible for memory and learning. This growth in brain structure supports cognitive function, particularly for those with ADD who may struggle with memory and organization.

“Physical activity stimulates the release of brain-derived neurotrophic factor, a protein that promotes the growth of new neurons,” Dr. Owen said. “This increased neuroplasticity can help individuals with ADD improve their executive functioning skills over time.”

Furthermore, physical activity can address other common concerns associated with ADD, such as sleep difficulties. Individuals with ADD often struggle to maintain regular sleep patterns, which can exacerbate symptoms of inattention and impulsivity. Exercise has been shown to regulate circadian rhythms, making it easier for individuals to fall asleep and enjoy restful, restorative

sleep.

“Sleep quality is a significant concern for those with ADD, and physical activity offers a natural way to improve sleep,” said Dr. Owen. “Better sleep quality directly contributes to improved focus, emotional regulation, and overall well-being.”

Given the multitude of benefits, integrating physical activity into the daily routine of individuals with ADD is a critical component of comprehensive care. Whether through aerobic exercises, high-intensity sports, or even mindfulness-based activities like yoga, the key is consistency. Small, regular bursts of physical activity can offer substantial improvements over time.

“Starting with small steps and gradually building a regular exercise routine is essential for managing ADD symptoms,” Dr. Owen emphasized. “By making exercise a part of daily life, individuals with ADD can experience meaningful improvements in their cognitive and emotional well-being.”

Dr. Owen’s ADD Clinics in Gulfport, Mississippi, continue to advocate for a holistic approach to managing ADD, incorporating physical activity as a valuable tool alongside traditional therapies. Research supports the conclusion that regular exercise offers both immediate and long-term benefits for individuals with ADD, helping them navigate the challenges of attention, hyperactivity, and emotional regulation more effectively.

Morgan Thomas
Rhino Digital, LLC
+1 504-875-5036

[email us here](#)

Visit us on social media:

[Facebook](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/752645948>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2024 Newsmatics Inc. All Right Reserved.