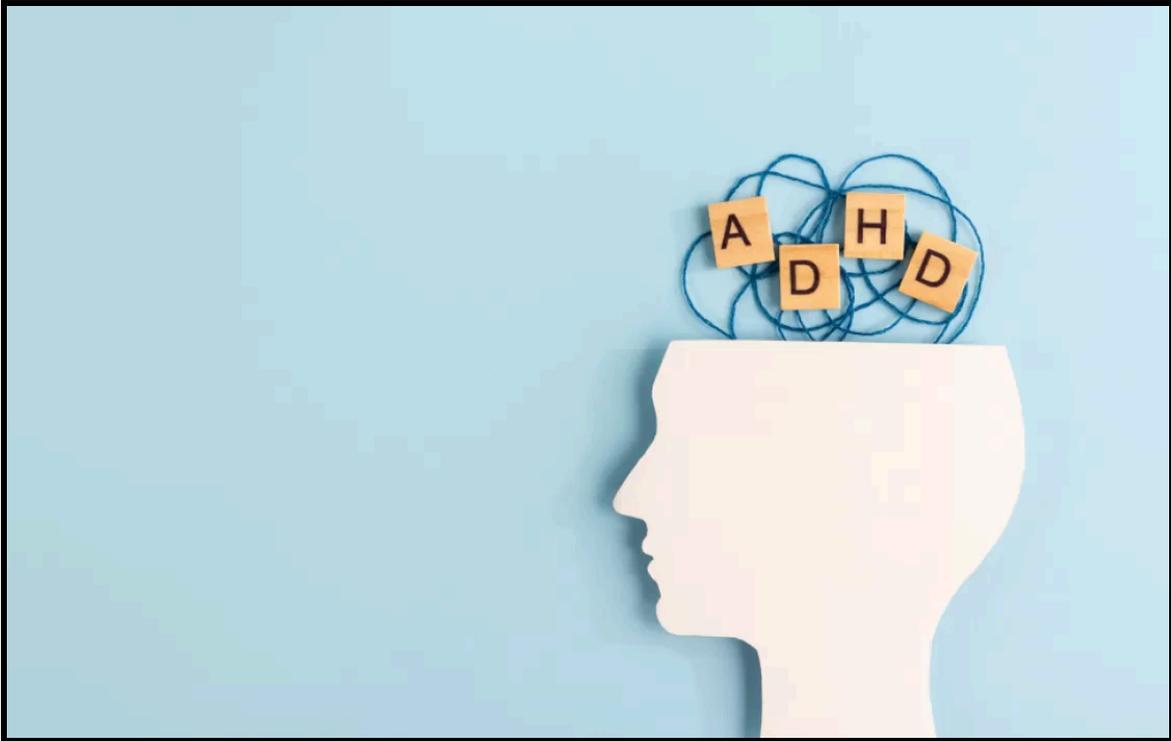




Exercises to Manage ADHD



If you have an overactive brain and have a hard time cancelling out all the distractions, no need to fret! You are just one in the 15.5 million adults in the US to struggle with this. Known as Attention Deficit Hyperactivity Disorder, ADHD includes, but not limited to, hyperactivity, inability to focus, impulsivity, agitation, and lack of organization skills.

However, ADHD, much like most mental battles, can be helped with consistent, quality exercise. Psychologist and expert on mental disorders, Dr. Andrew Kahn, Psy.D. points out that studies show that exercise helps mute an overactive brain, allowing people with ADHD to filter out unnecessary stimuli. Other studies suggest that exercise may be able to reduce impulsivity, making it easier to think before you act.

What's the secret? That would be the chemical that manages our energy levels and, as a result, forces the distractions out of the brain, dopamine! It is stimulated with physical activity and promotes focus, motivation, lower impulsivity, and much more.

1. Cardio

High intensity cardio can raise dopamine levels in a short amount of time, allowing you to benefit from better brain function after a brief workout.

2. Biking or swimming

These are great choices for someone who gets easily bored by performing the same type of exercise everyday.

3. CrossFit

There's a lot of variety, such as friendly competition and camaraderie, and fosters consistency and forms habits.

4. Team sports

The team setting may also help support you with social development, since people with ADHD often struggle in this area.

5. Martial arts

Martial arts have a unique tie-in to the brain, emphasizing mind-body connections like mindfulness and deep breathing.”

6. Yoga and Pilates

There are still benefits to low-impact activities that assist with emotional regulation. Incorporating these practices can make it a bit easier.

Source:

Sarah Bradley & Chad Shaffer MD: 6 Best Exercises for ADHD. The Checkup: Health Education (2025) <https://www.singlecare.com/blog/adhd-exercise/>