

## **ADHD & Physical Activity**

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A small portion of American children and adults are affected by attention deficit/hyperactivity disorder (ADHD), a chronic mental condition that includes a variety of symptoms. The brain activity of individuals with ADHD is abnormal in its characteristics of neuro-transmitter activity during tasks that require attention. Symptoms are often treated with medication that stimulates attention levels. For children diagnosed with ADHD, these pharmaceutical interventions are often paired with structured social and behavioral support, as well as dietary modifications in order to further remediate symptoms. In addition, physical activity (PA) interventions may present additional non-pharmaceutical opportunities to reduce ADHD symptoms. This presentation will introduce an extensive review of literature assessing the notion that neuro-activation and attentional performance of children with ADHD can be optimized with interventions of PA. Overall, research suggests PA interventions, which are free of cost and health-care professional reliance, can be easily adapted into a daily schedule of children or adults with ADHD to effectively prepare for bouts of attentional effort.