

## Revision Tips for A/L Exam

### Exercise Regularly

There's a reason why Physical Education is incorporated into the school curriculum. If you're feeling stressed at the thought of your upcoming exams, keeping fit and exercising regularly will help you reduce the tension in your mind.

We all experience episodes when you are staring at your study notes, but our mind is literally drawing a blank; that's when you know it's time for a study break! Taking regular breaks and exercising is essential to boost your brain activity, engage your mind in learning and improve your exam performance over the long-run.

Next time, take the staircase, not the elevator!



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