

-**Cardio-respiratory fitness** increases academic performance (G.P.A) among college students (Moawd et al., 2020).

-**Physical activity** was shown to increase academic performance and a reduction in attrition from first year college student to second year (Liposek et al., 2018).

-In a study, meta-analysis looking five databases: **Physical activity** can significantly enhance stress management and as a result, show an increase in academic performance in college students (Wunsch et al., 2021)

-**Physical fitness courses** at the college level have shown to improve mood states, and have a positive relationship with academic performance (Annesi et al., 2017).

Mindfulness and Academic Performance

- Mindfulness enhanced self-awareness and self-regulation of students thinking, feelings and behaviors, relating to academic performance (Boo & Colleagues, 2020).
- Mindfulness used in a public university reduced the usage of mobile device during class and reduced test anxiety for many students (Chiang & Colleagues, 2019).
- A systematic mindfulness practice for grades 5-8 correlated significantly (positive) with academic achievement measured by standardized testing and better attendance (Caballero & Colleagues, 2019).
- College level students experienced lower levels of stress, an increase in resilience and self-efficacy with the practice of mindfulness during class (Vidic & Colleagues, 2019)

