

Young Scholars Project

Maintenance of the circulatory, respiratory, digestive and mental health systems. Is exercise the key?

Signposts

Here are some resources which you can use as a starting point for your research into the value of maintaining the circulatory, respiratory, digestive systems and your mental health. Refer to the **Referencing and Research Skills** tab on the Young Scholars Project website for hints on how to find reliable, credible sources of information and document them accurately.

[Exercises to increase blood circulation](#)

[BBC Bitesize: the Human Respiratory system](#)

[Cardiovascular and respiratory response to exercise: Journal Article](#)

[Explore the role of physical activity in maintaining cardiac and respiratory fitness](#)

[Fitness Nutrition: What Science says about Diet and Exercise](#)

[Something's better than nothing: The Conversation](#)

[Exercise and Cancer: Catalyst ABC](#)

[Exercise triggers brain cell growth and improves memory](#)