

Cognitively engaging exercise predicts executive functioning on laboratory tasks

James T. Enns , Pavel Kozik, Veronica Dudarev



Two correlational studies tested the *cognitive engagement hypothesis*, which claims that regular exercise must be cognitively engaging in order to benefit executive functioning. The results show that when regular exercise involves inhibitory control and cognitive flexibility it also predicts performance on laboratory measures of these abilities. The same relationship does not hold for the leisure activities of the same individuals, showing that cognitive engagement associations are specific to exercise. Image credit: “Two runners: one engaged, one bored.” Canva, March 04, 20024, <https://www.canva.com>.

Cite as: Enns, J. T., Kozik, P., & Dudarev, V. (2024). Cognitively engaging exercise predicts executive functioning on laboratory tasks. *Current Issues in Sport Science*, 9(1), Article 007. <https://doi.org/10.36950/2024.9ciss007>