



...Get Some Exersize After You Study

Feasgar math dhut!

Getting Gaelic words and phrases to stick in your mind is so important - and can sometimes feel impossible. To make them be ready when you need them, I recommend lots and lots of repetition...and **physical movement**.

You read that correctly: to remember more Gaelic, get some **exersize** after you study. If you're in the UK, I recommend getting some *exercise*.

It sounds a bit crazy but it does help. I'm not 100% sure why - I'm not a scientist. Maybe physical movement helps bring more oxygen to your brain while it's processing what you just learned and sorting it in your long-term memory.

I remember teaching a day-long workshop in The Netherlands years ago. We had just walked downstairs to a different room and started the next class. I noticed not only that folks were **remembering more of what we had done earlier in the day - but they were acquiring the new words a bit more quickly too**.

All we had done was walk downstairs, get some tasty cookies and coffee, and start the next session.

It's helpful to take breaks in your learn to give your mind a chance to process - and if you add in some physical movement, the Gaelic will likely stick in your mind better.

Give it a try!

Want more learning tips? See all my past tips [here](#)

Le gach deagh dhùrachd, with every good wish,

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Gaelic with Jason

Immersive conversational lessons that make it easy to think more in Gaelic, use it more naturally, and help it reach future generations

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