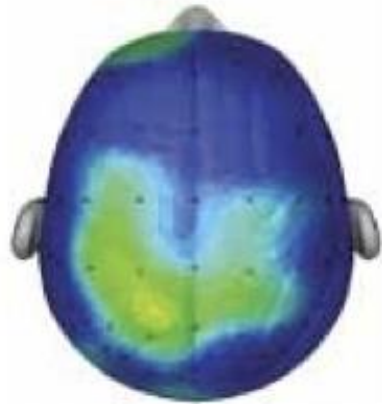


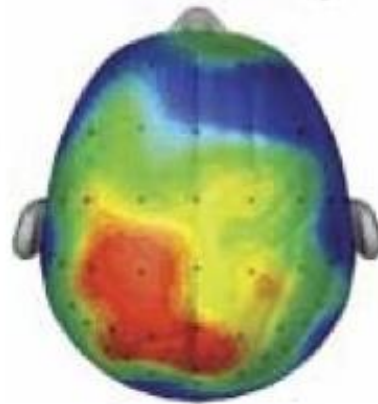
THE EFFECT OF EXERCISE ON THE HUMAN BRAIN

Cognitive Effects of Exercise in Preadolescent Children

Average composite of 20 students' brains taking the same test after sitting quietly or taking 20 minute walk









Brain after sitting quietly



Brain after 20 minute walk

Source: Derived from research by Dr. C.H. Hillman, University of Illinois at Urbana, Champaign, Urbana, IL (2009).

THE BRAIN BENEFITS OF EXERCISE

-  INCREASES PRODUCTION OF NEUROCHEMICALS THAT PROMOTE BRAIN CELL REPAIR
-  IMPROVES MEMORY
-  LENGTHENS ATTENTION SPAN
-  BOOSTS DECISION-MAKING SKILLS
-  PROMPTS GROWTH OF NEW NERVE CELLS AND BLOOD VESSELS
-  IMPROVES MULTI-TASKING AND PLANNING

