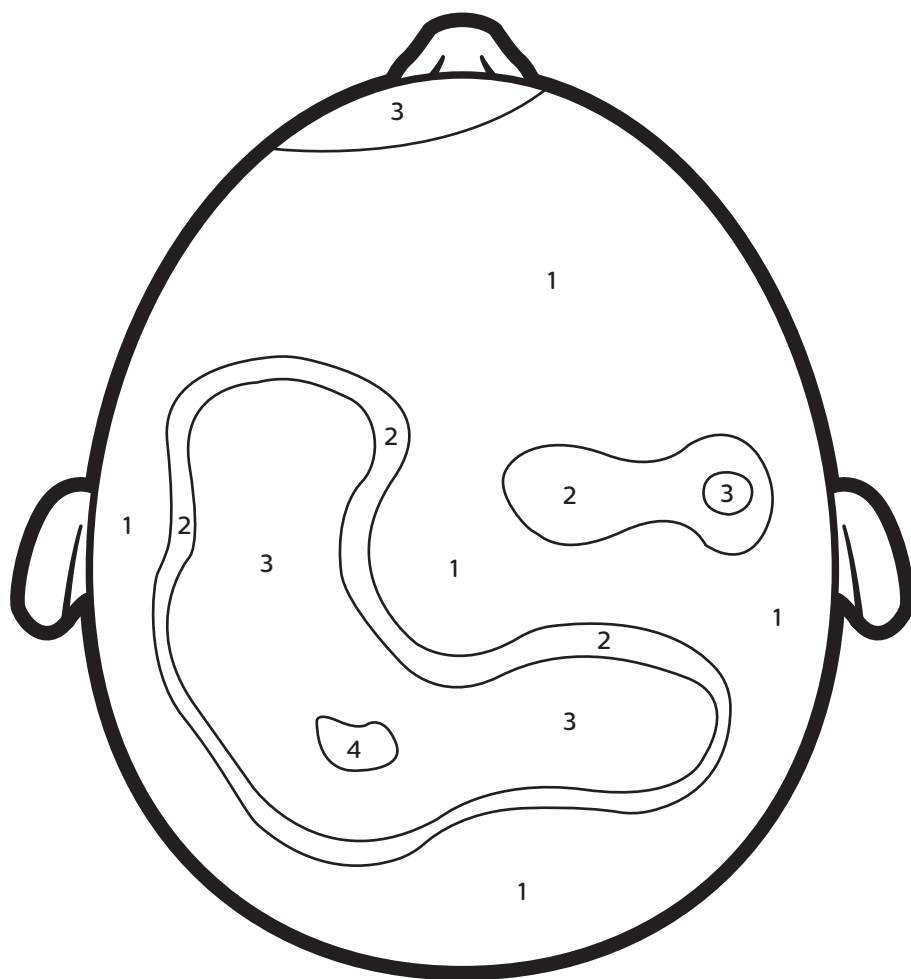
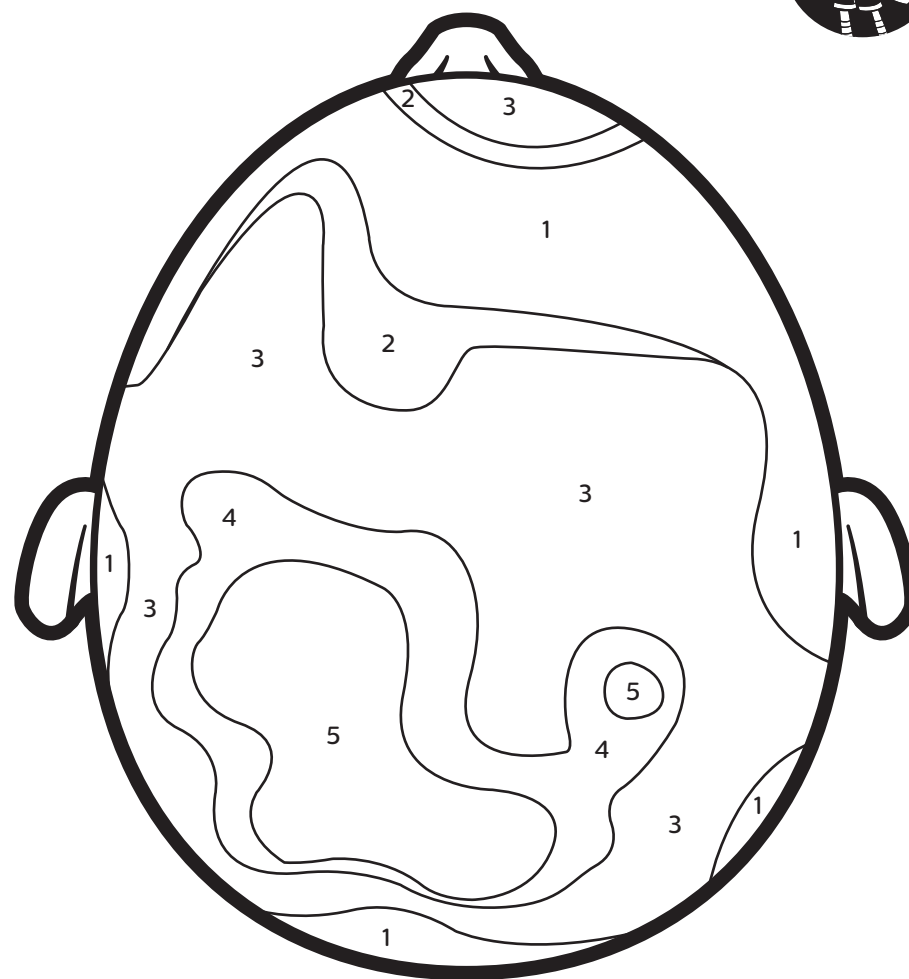


THE GONOODLING BRAIN

Colorful areas show higher levels of brain activity, as measured by blood flow and oxygen.



AFTER 20 MINUTES OF SITTING QUIETLY



AFTER 20 MINUTES OF MODERATE ACTIVITY

1 = Gray 2 = Blue 3 = Green 4 = Yellow 5 = Red

Source: The image above is based on independent research by Dr. Charles Hillman, <http://www.phitamerica.org/Academics.htm>

GoNoodle