

EXERCISE IS A BRAIN CHANGER



BETTER MOOD
SHARPER MIND



IMPROVED MEMORY
AND LEARNING



LONG-TERM BRAIN
HEALTH

WHAT HAPPENS TO YOUR BRAIN WHEN YOU EXERCISE



DOPAMINE

Motivation
& Focus



SEROTONIN

Mood &
Emotional Stability



NOREPINEPHRINE

Alertness &
Concentration



ENDORPHINS

Pain Relief &
Well-Being



BDNF

"FERTILIZER FOR
THE BRAIN"

- ✓ Grows new neurons
- ✓ Strengthens connections
- ✓ Improves learning & memory
- ✓ Supports long-term brain health



THE HIPPOCAMPUS: YOUR BRAIN'S LEARNING CENTER



EXERCISE FUELS NEUROGENESIS

Growing new neurons for
memory and learning.



LARGER HIPPOCAMPI

in active children (9-10 yrs)
vs. sedentary peers



**INCREASE IN HIPPOCAMPAL
VOLUME IN ADULTS**

Offsetting age-related shrinkage.

NAPERVILLE, IL: REAL-WORLD RESULTS



EXERCISE BEFORE
CLASS (20 MIN)

70-85% HEART RATE



READING SCORES
**52-56%
HIGHER**



MATH SCORES
**93%
HIGHER**



TOP IN THE WORLD
Science #1
Math #6



**ONLY 3%
OVERWEIGHT**
VS. 33% NATIONAL AVERAGE



STRONGER BODY. STRONGER BRAIN. BETTER LIFE.