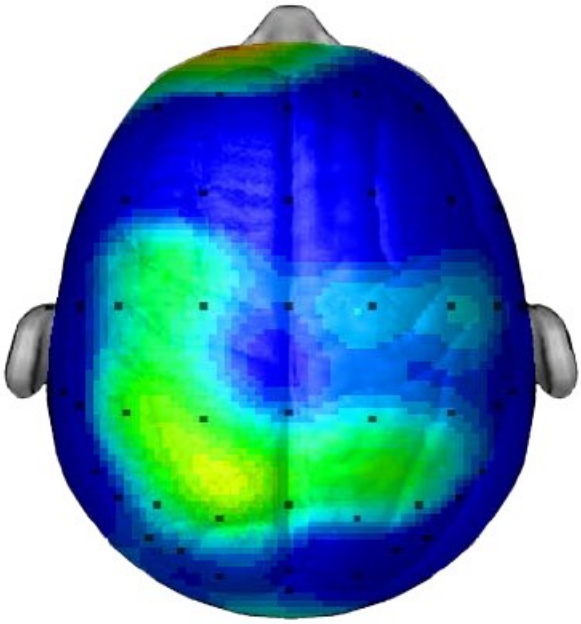
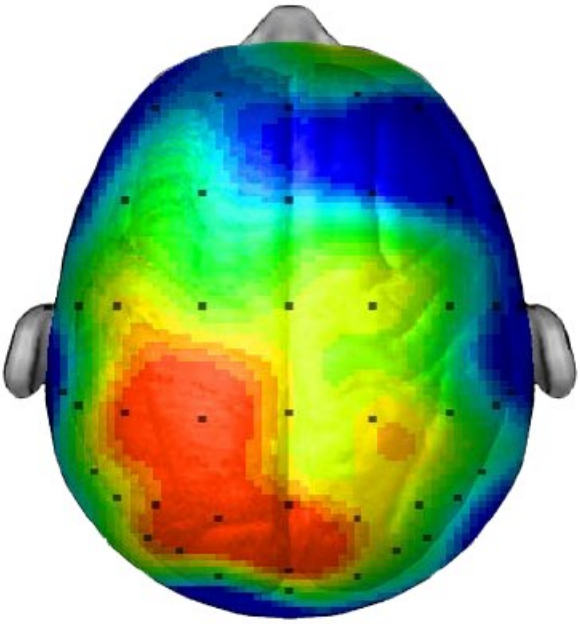
Brain scans of students taking the same test.



After 20 minutes of sitting quietly.



After 20 minutes of walking.

#GetMoving

Dr. Chuck Hillman - University of Illinois