## 4Q Cognitive Examples

High Cognitive Load High Cognitive, Low Metabolic High Cognitive, High Metabolic Dual-Tasking/Exergaming Mind-Body Exercise (Tai Chi, Yoga, etc) Skill/Motor Learning/Practice Higher Met. Dance, Sports & Martial Arts Cognitive Stimulation (i.e. Brain Games) Movement Training & Flows Reactive Agility Training Triplanar Mobility Low Met High Met Low Cognitive, Low Metabolic Low Cognitive, High Metabolic QQ Meditation/Mindfulness Linear Training Walking/LISS Activities Aerobics (Running, Swimming, etc) Mobility/Self-Massage **Exercise Machines** Entertainment Group Classes (Follow-Along)

Low Cognitive Load