## 4Q Cognitive

High Cognitive Load High Cognitive, Low Metabolic High Cognitive, High Metabolic Lower Intensity Skill & Motor Neurogenesis & Integration + Survival Learning/Practice Frontal Lobe Activity Efficiency Low Metabolic Demands Improved Cognitive Outcomes Mind-Body Exercise Low Met High Met Low Cognitive, Low Metabolic Low Cognitive, High Metabolic QQ General Metabolic Benefits on the Brain Physical Activity (LIIT, SIIT, Walking) Default Mode Network & Stress Rest Periods for Restoring Attention Management "Prime" the brain for skill-learning Low, active metabolic stimulus

Low Cognitive Load