



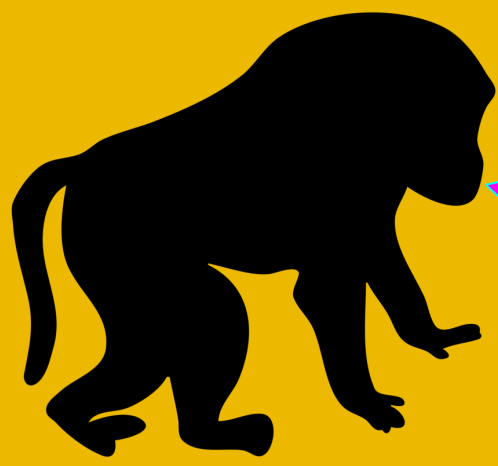
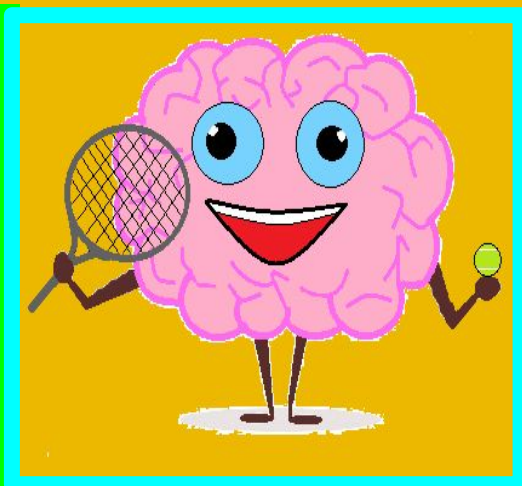
# SPORTS

SPORTS COORDINATE THE BRAIN!



- Team sports reduce depression amongst children**
- Teamwork in sports allows for multitasking**
- Sports make you smarter by growing the brain**
- Playing sports helps your brain concentrate**

- Athletes better process background before plays**
- Sports build planning skills to decide on a play**
- Athletes' brains process plays automatically**
- Practice builds neural and motor connections**



**Movement is the KEY  
to helping ME  
conserve my brain ETERNALLY !**



## FRONTAL LOBE

To play sports, you need to make the right decisions at the right moment. In order to decide whether to whack a hockey puck top shelf or shoot a 3-pointer instead of passing, you need the frontal lobe.

## PARIETAL LOBE

You need this lobe to navigate a ball and aim for a target where you want to shoot a ball, arrow, or even a paintball. Also, to feel the equipment, including a hockey stick or basketball, you need this center.



## TEMPORAL LOBE

In order to hear the sound of a ball being thrown or someone shouting "pass," you need the temporal lobe.

## OCCIPITAL LOBE

It helps you see the ball and track the position of your opponents during a match.

## CEREBELLUM

The cerebellum controls your posture and balance while you are moving. It ensures that you remain steady while running and/or jumping. It also coordinates the motion of your hands with your feet, which is required for doing a lay up.