

Section 2/Slide 3: The brain scan images in the power point show white matter integrity in people who exercise at least twice a week and non-exercisers. The areas in red show increased connections between neurons in those regions while the blue areas show decreased number of connections between neurons in those regions. (White matter integrity is the number of connections between neurons, high integrity means there are a lot of connections and low integrity means there are a few connections.)

Study the image with your group and then discuss what you think is happening in these images. Be sure to use your knowledge about the brain, specifically, the role of white matter to explain your answers.

What are the key differences you see in the images?

What are the repercussions of having high and low white matter integrity?

Do these images show a benefit or a negative for the person whose brain this is?
