

# Minds in Motion

**How Physical Activity Enhances  
Mood, Focus and Learning**



**Gymba**<sup>®</sup>

Active Life, Simplified

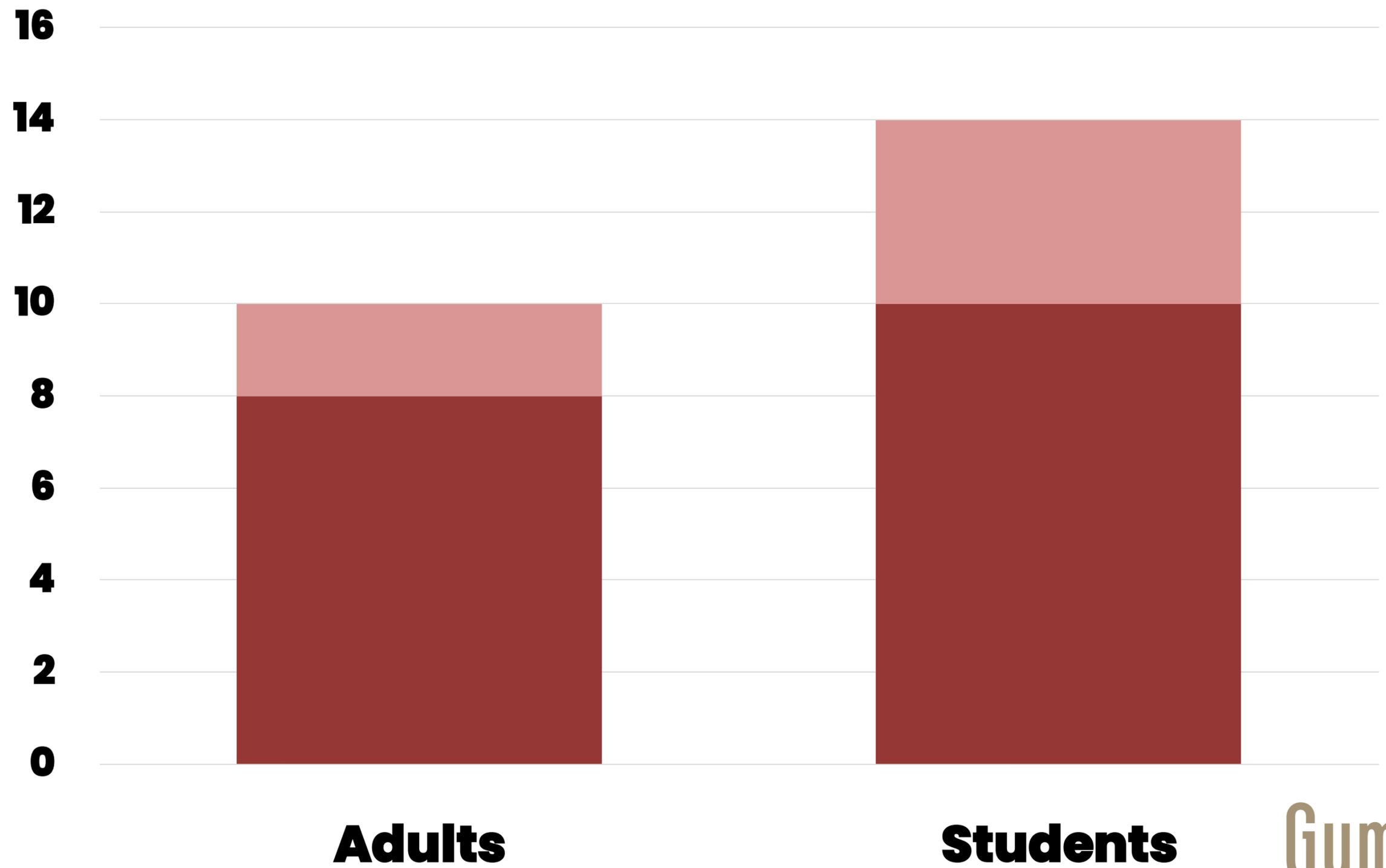
A young girl and a young boy are standing at a light-colored wooden table. The girl, on the left, is wearing a white long-sleeved shirt and blue denim overalls. She is holding a pencil and writing in a colorful book. The boy, on the right, is wearing a grey sweater and blue jeans. He is holding a pen and writing in a notebook. Both children are standing on small, textured foot exercisers: the girl is on a pink one and the boy is on a green one. The table has a few items on it, including a purple pencil case, a green pen, and a red pen. In the background, there is a wooden bench and some potted plants. The overall scene is bright and modern.

**Active Life, Simplified**

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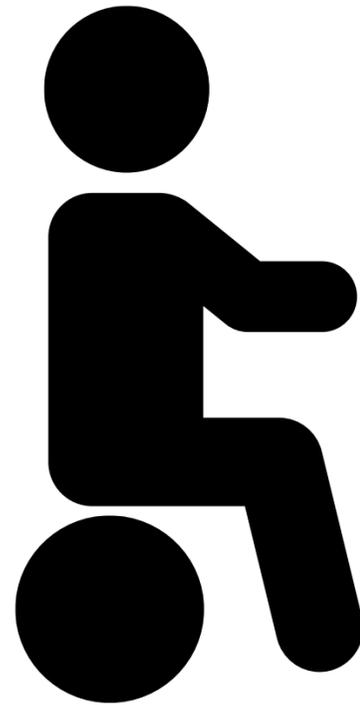
# Sedentary Behavior



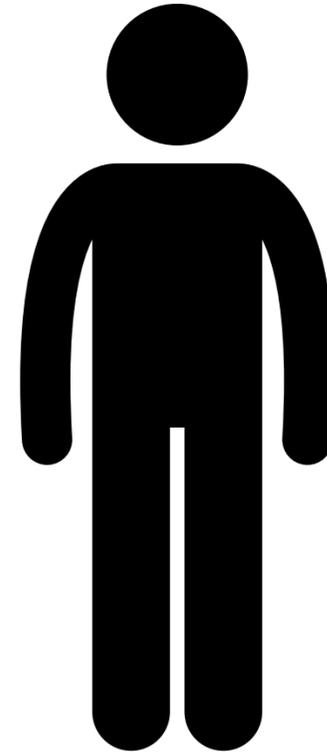




**Passive  
Sitting**



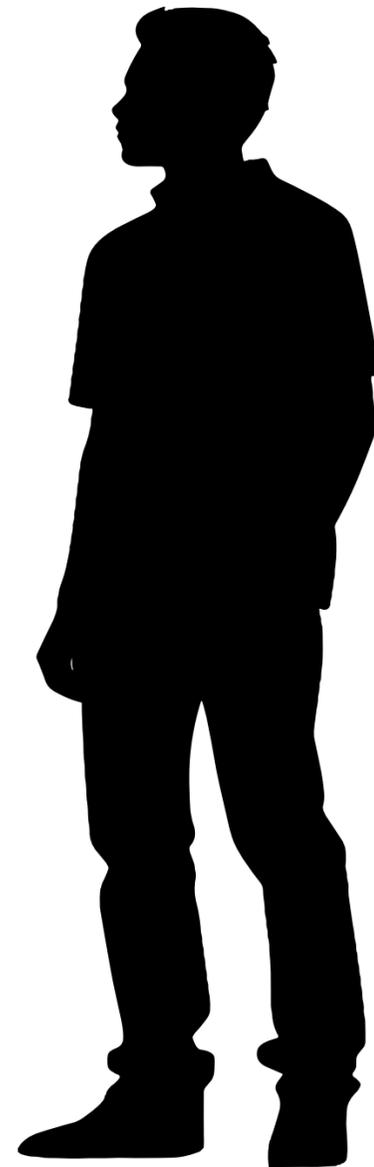
**Active  
Sitting**



**Passive  
Standing**



**Dynamic  
Standing**



Gymba®

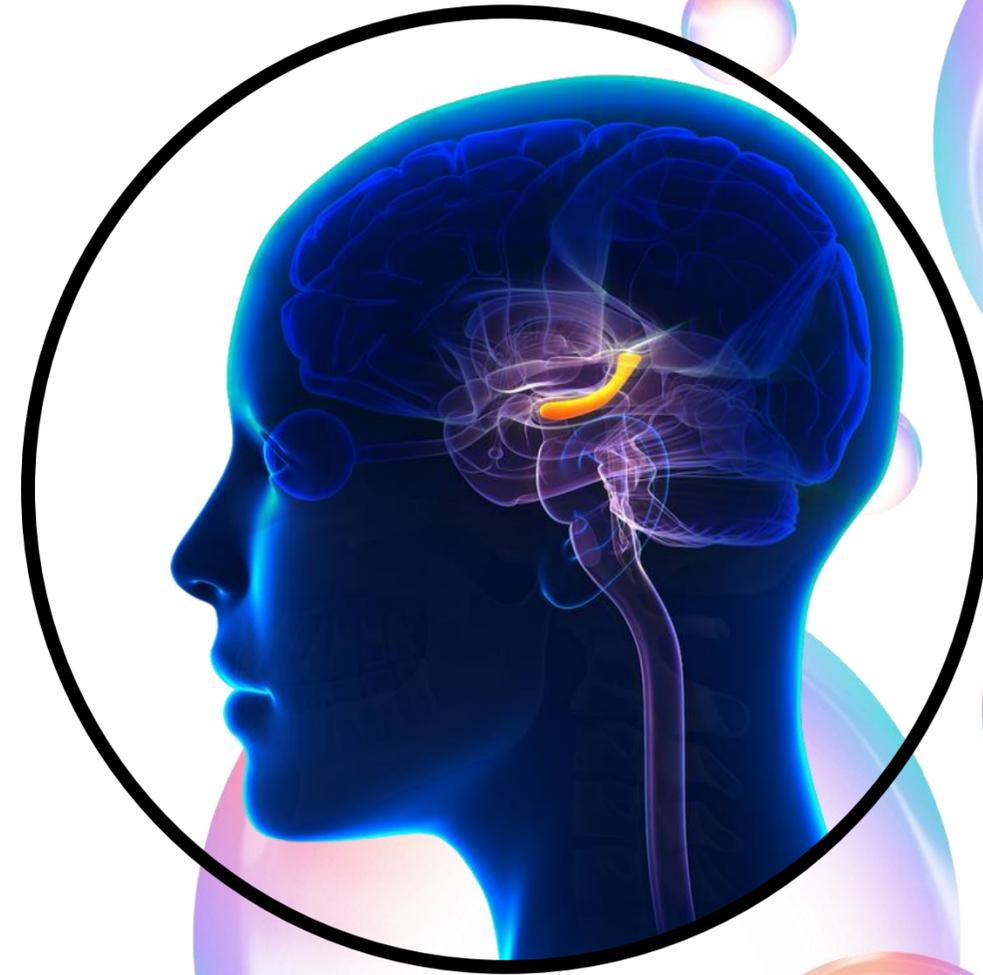
# Sedentary behavior $\neq$ Physical inactivity



Gymba<sup>®</sup>



# Brain Effects





# Bubble Bath

- **dopamine**
- **serotonin**
- **norepinephrine**
- **endorphins**

**Physical Activity has**

**immediate,  
long-term &  
protective**

**effects on the brain**

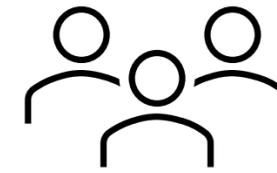
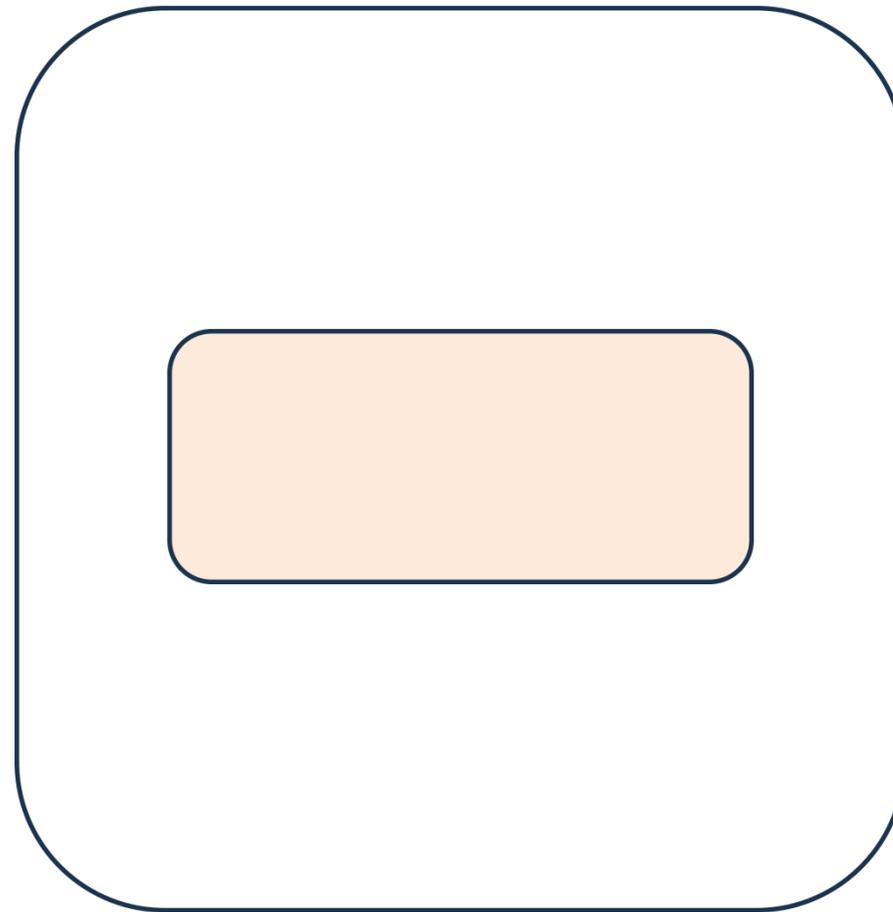
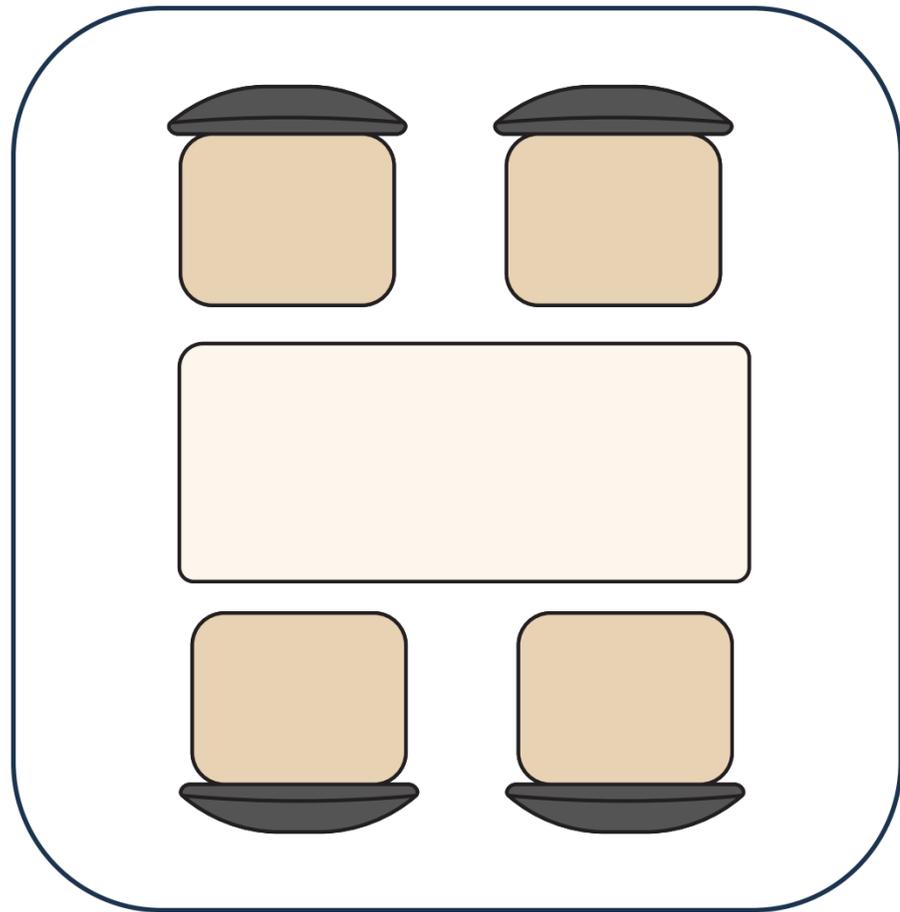


# Design Workshop

Sveitús



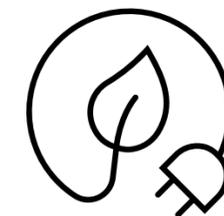
# Increased productivity



Co-operation  
**+9%**



Sharing ideas  
**+12%**



Alertness  
**+102%**



● Students

Less discomfort in back/neck area

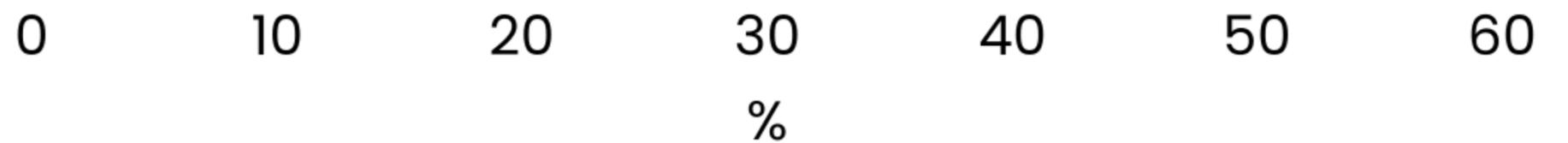
48

Increased alertness/energy level

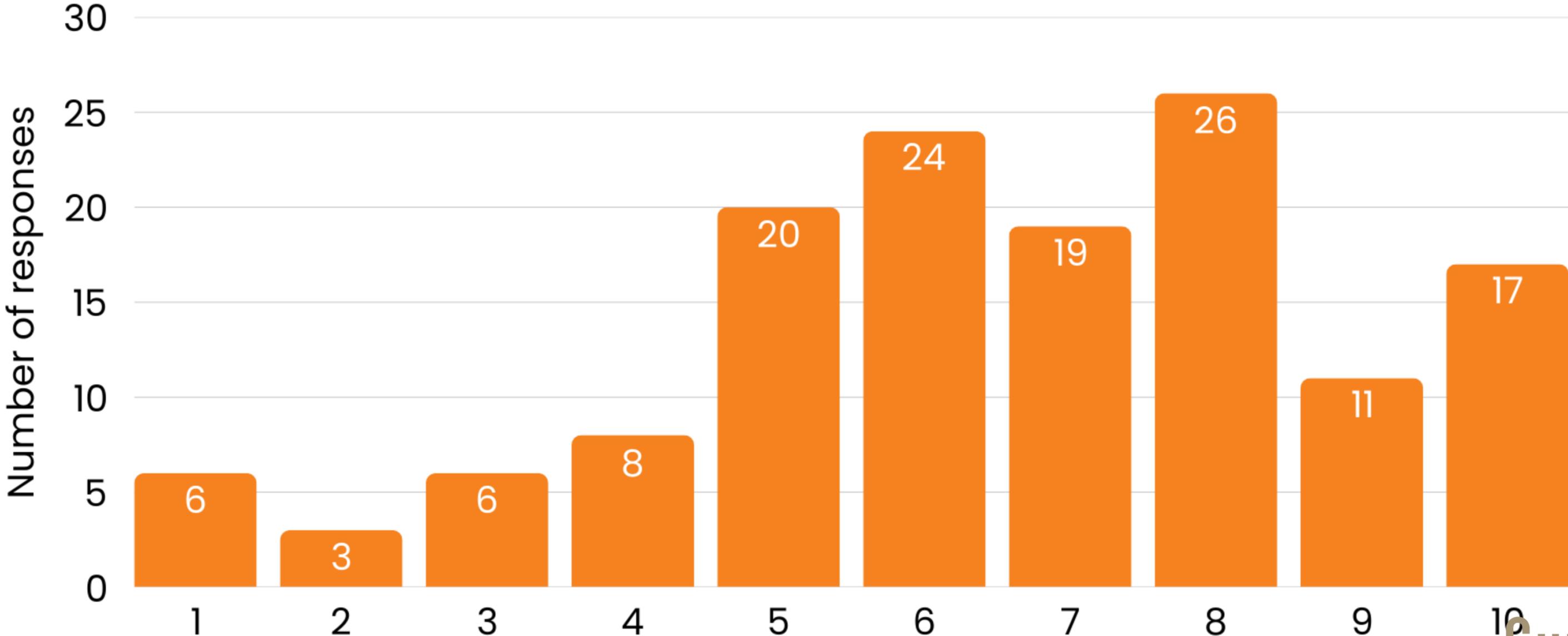
54

Less leg fatigue

33



# How did using Gymba® Board affect your ability to focus?



1= Negatively, 10= Positively



**Evaluate the statement from your perspective as a teacher  
on a scale from 1 to 5:**

**"The Gymba® Boards in the classroom  
weakened the classroom's working peace."**

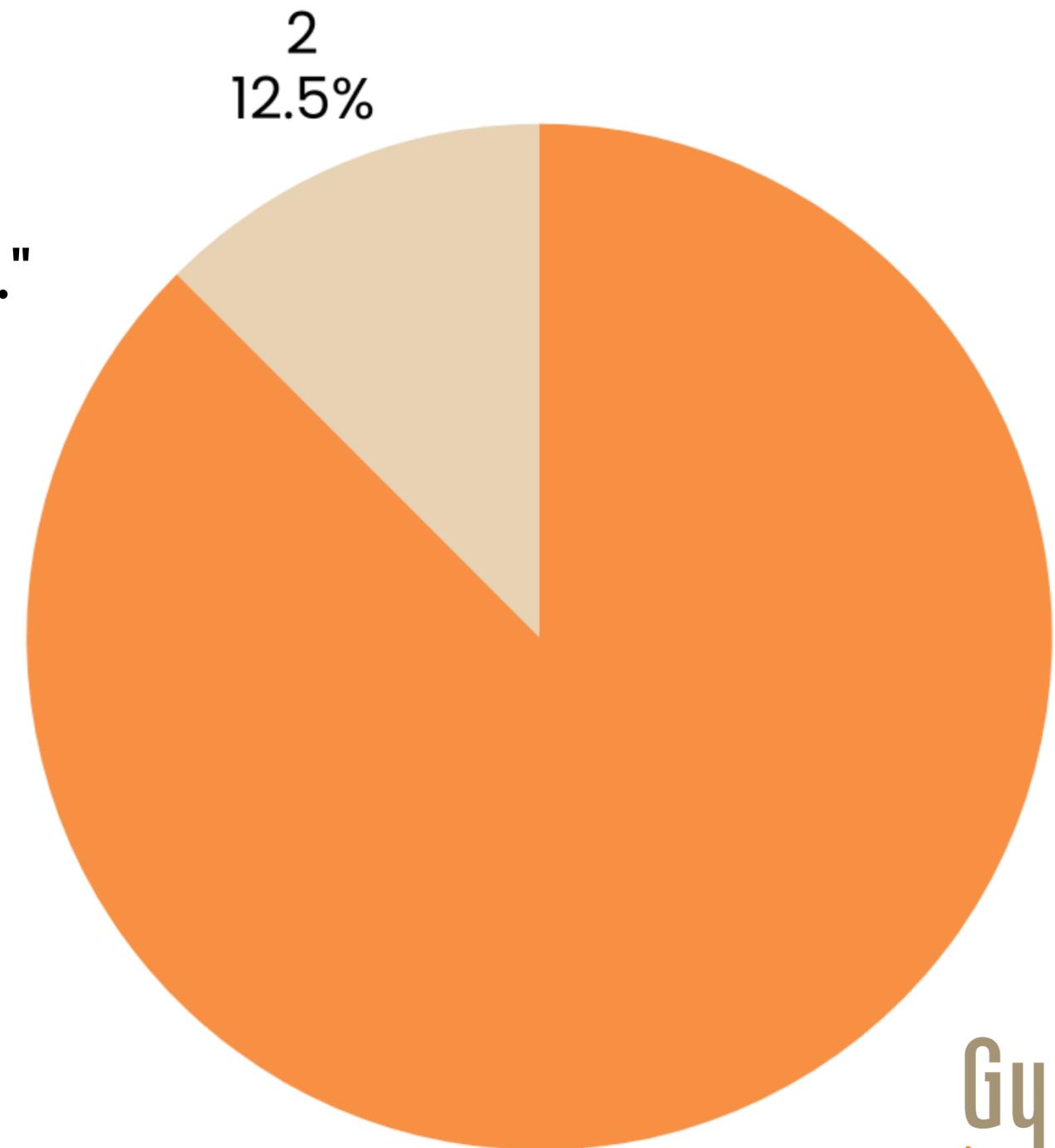
**1= Not true**

**2= Mostly not true**

**3= Neutral**

**4= Mostly true**

**5= True**



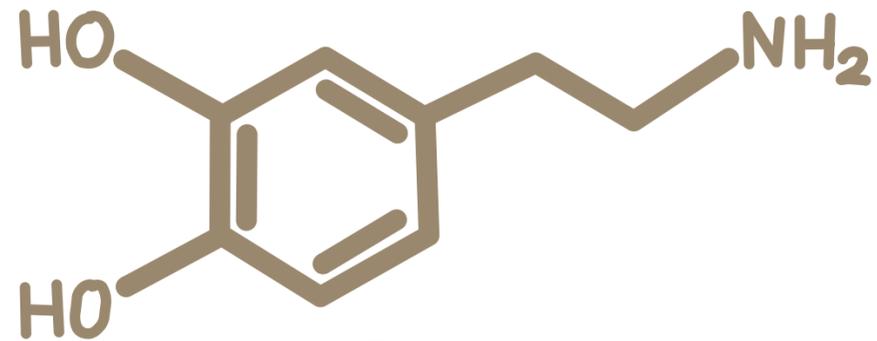
1= Not true



# **Lesson Planning Workshop**

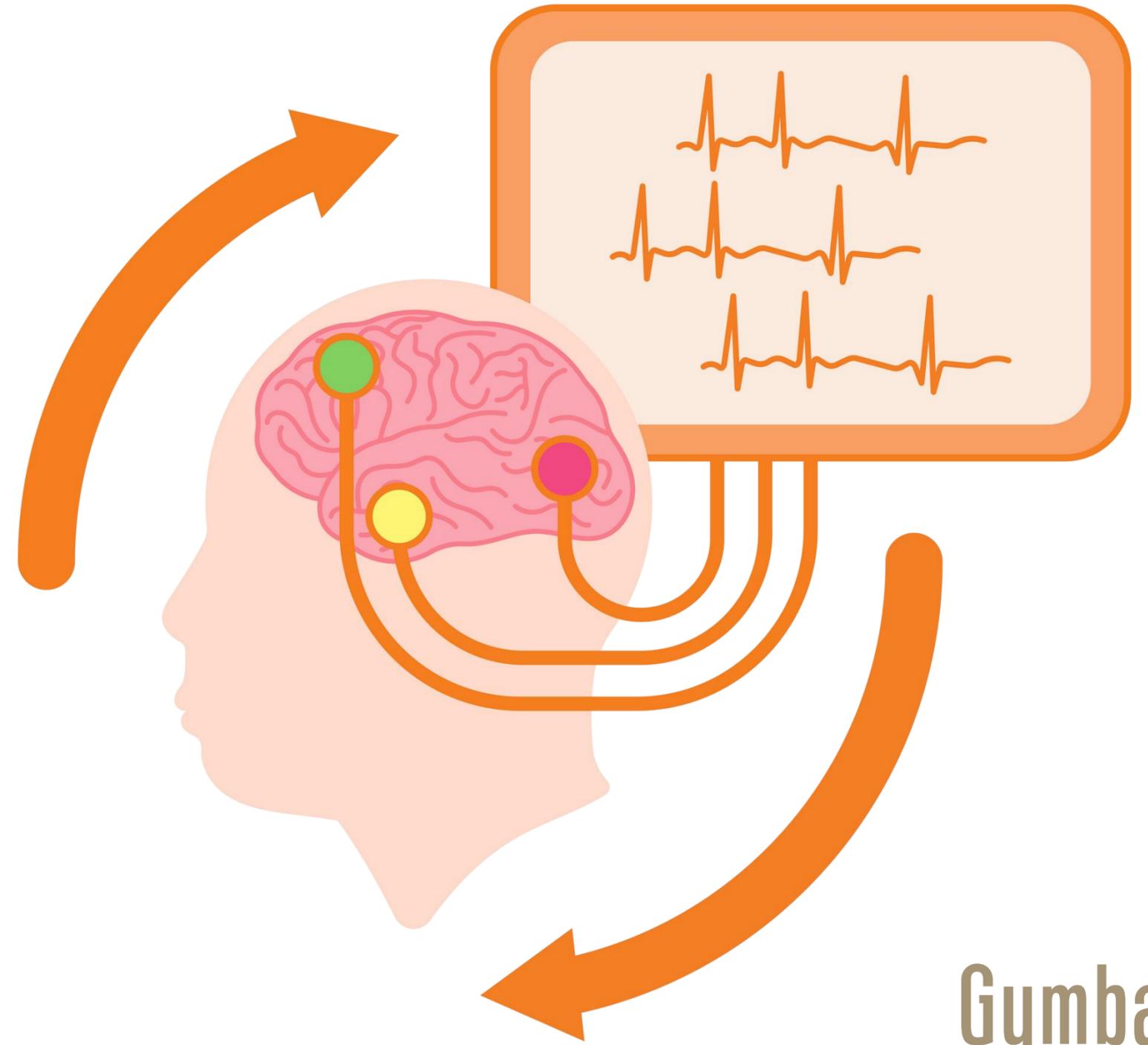
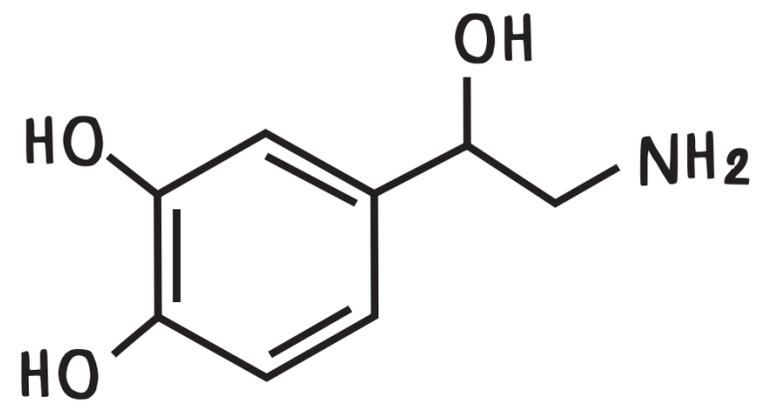
# Movement & Neurodiversity

# ADHD Brain



Dopamine

Norepinephrine



# Autism Spectrum Disorder





# One Room, Many Needs

# Key Takeaways

**Physical Health Benefits**

**Brain Boost**

**Learning & Inclusion**



**Movement is education's untapped  
SUPERPOWER**

# Thank You!



*Heidi Välimäki*



**LinkedIn**

**Gymba**<sup>®</sup>