

⚠ WARNING Before playing this game, read the Xbox 360® console instructions, KINECT sensor manual, and any other peripheral manuals for important safety and health information. Keep all manuals for future reference. For replacement hardware manuals, go to www.xbox.com/support or call Xbox Customer Support.

For additional safety information, see the inside back cover.

Important Health Warning About Playing Video Games

Photosensitive seizures

A very small percentage of people may experience a seizure when exposed to certain visual images, including flashing lights or patterns that may appear in video games. Even people who have no history of seizures or epilepsy may have an undiagnosed condition that can cause these "photosensitive epileptic seizures" while watching video games.

These seizures may have a variety of symptoms, including lightheadedness, altered vision, eye or face twitching, jerking or shaking of arms or legs, disorientation, confusion, or momentary loss of awareness. Seizures may also cause loss of consciousness or convulsions that can lead to injury from falling down or striking nearby objects.

Immediately stop playing and consult a doctor if you experience any of these symptoms. Parents should watch for or ask their children about the above symptoms—children and teenagers are more likely than adults to experience these seizures. The risk of photosensitive epileptic seizures may be reduced by taking the following precautions: Sit farther from the screen; use a smaller screen; play in a well-lit room; do not play when you are drowsy or fatigued.

If you or any of your relatives have a history of seizures or epilepsy, consult a doctor before playing.

TABLE OF CONTENTS

■ How to Start Playing	2
■ How to Get Help with Kinect	2
■ Background	3
■ Game Controls	3
■ Getting Started	5
■ Brain Fitness Test	6
■ Group Exercises	7
■ Credits	10
■ Customer Service Support	13

Copyright text

BODY AND BRAIN EXERCISES™ & © 2010 NAMCO BANDA! Games Inc. The typefaces included herein are developed by DynaComware. Fonts used in-game are provided by Bitstream Inc. All rights reserved.

HOW TO START PLAYING

This game can only be played if your Xbox 360 console is set to PAL-60

To set the display to PAL-60

1. In the Xbox Dashboard, select System.
2. Select Console Settings and press **A**.
3. Select Display and press **A**.
4. Select PAL Settings and press **A**.
5. Select PAL-60 and press **A**.
6. When prompted, if you want to keep these new settings, confirm and press **A**.

Note that some older TV sets do not support PAL-60. If you are in doubt consult your TV manufacturer.

LANGUAGES THAT AREN'T SUPPORTED IN THE Xbox Dashboard

If your game is available in a language that isn't supported in the Xbox Dashboard, you must select a corresponding locale (region) in Console Settings to enable that language in the game. For more information, go to www.xbox.com.

SAVING DATA

When you leave the results screen after any exercise and after taking a souvenir photo, your Brain Fitness Test results, progress, and other assorted data are automatically saved to the selected gamer profile. At least 3200 KB of space is needed in order to save data to your storage device. When starting a game without selecting a gamer profile, you will be unable to save any data.

NOTE :

- Only one save data can be saved per gamer profile.
- When saving save data to a separate console, you will be unable to compare your records or progress with other players.
- More memory will be needed to save multiple photos in Group Exercises.

How to Get Help with KINECT

Learn More on Xbox.com

To find more information about KINECT, including tutorials, go to www.xbox.com/support.

BACKGROUND

A NEW METHOD OF BRAIN EXERCISING

While some of you may be used to the idea of training your brain with the use of a stylus or game controller, **BODY AND BRAIN EXERCISES** introduces a whole new healthy way to work your brain by using the best controller of all—your body!

EXERCISING WITH OTHERS

Get even more out of your workouts by getting friends and family members to play together! Make a habit out of playing regularly to compete against each other for the youngest brain age!

CONTINUOUS TRAINING

With challenging exercises you can do again and again, **BODY AND BRAIN EXERCISES** lets you have fun while working out with others and keeping your brain young!

Let's work hard to keep our brains feeling fit and young!

DR. RYUTA KAWASHIMA

Born in Japan in 1959, Dr. Kawashima graduated from Tohoku University school of Medicine, where he received his MD. He is an expert on the science of brain imaging, which maps the activity of the human brain. After becoming a guest researcher at the famed Karolinska Institute in Sweden, he returned as an assistant researcher and a full-time lecturer and is now a doctor at the Tohoku University Institute of Development, Aging and Cancer.

GAME CONTROLS

This game utilizes the **Xbox 360 Kinect sensor**. Stand facing your television screen and move your hands to navigate the menus and make selections.

Hand Cursors

Hold your hands up so that your palms face the screen, and a pair of hand cursors will appear. The red one represents your right hand, while the blue one represents your left hand. Move either cursor to make menu selections.

NOTE: When you hold your hands close to your body, the hand cursors will become transparent and can't be used to make selections. As you move your hand towards the sensor, the hand cursors will become opaque and work properly.

Selection Gauge

To select an item from the menu, keep the hand cursor over your selection until the circular gauge appears. Once the gauge fills completely, your selection will be made.

Player Recognition

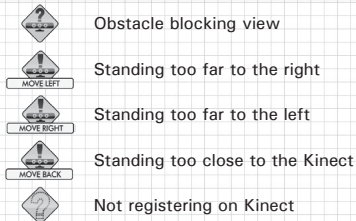
Only the player standing closest to the camera within its range will be recognized, and be able to control the game. Please make sure that anyone else besides the player does not enter the play space.

✓ IF ANOTHER PLAYER IS RECOGNIZED

In the event that another player is accidentally recognized, simply have that player step away and out of view of the camera. You can verify that the correct player is being recognized by viewing the photo in the upper left hand corner of the screen.

✓ WARNING ICON

When the Xbox 360 Kinect sensor does not properly recognize the player's body, a warning icon (like the ones found to the right) appears. Adjust your positioning or reconfigure your Xbox 360 Kinect sensor through the Kinect Guide.



System Gesture

Make the System Gesture pose as shown on the right and hold it for a few seconds until the Guide Icon appear. Once the gauge fills completely, the following list of options will appear. The menu will include the Kinect Guide, and allows the player to switch between player photos. Select "CLOSE" to return to the previous screen.

✓ SIGN IN (outside an exercise)

Brings up the sign-in menu, where you can change the gamer profile.

✓ QUIT (within an exercise)

End the current exercise and proceed to the next screen. Keep in mind that if you choose to proceed to the next screen, you will receive a score of 0 for the current exercise.

✓ KINECT GUIDE

Brings up your console's Kinect Guide.

✓ CHANGE PHOTO

Switch between players' photos.

✓ CLOSE

Exit the pause menu and return to the previous screen.

Setting Your Kinect

When your Xbox 360 Kinect sensor is not working properly, select the Kinect Guide or press the START button on the Xbox 360 controller to access the Kinect Tuner screen and resolve the problem.

NOTE: You can press the START button and access the Kinect Tuner guide even in the middle of an exercise.

GETTING STARTED

Put one hand cursor over the hand symbol next to the TOUCH TO START sign to begin. Once you select a gamer profile, you'll proceed to the main menu.

Creating and Loading Data

Once you get past the title screen, please select a gamer profile. Follow the instructions on the next page to either create or load data.

The gamer profile selected will supply the avatar used in game.

NOTE: If you select a gamer profile that is not saved in the system's data, you will prompted to create new data.

Main Menu Screen

When playing the game for the first time, you will proceed to the Official Brain Fitness Test after a brief message from Dr. Kawashima. After the test is complete, you are returned to the main menu where you can choose from five submenus. When continuing a game, simply select the menu you want to enter.

BACK
Hold the hand cursor over this symbol to return to the title screen, or go back one screen.

SCROLLING ARROWS
Select these to toggle through the menus. The current menu will appear in the center of the screen.

MENU
The selected menu's content will display here. Hold the hand cursor here to enter that menu.

MESSAGES
Move forward in a message by selecting, **▶** or **◀** to go back.

Breakdown of Menu

The following is a brief summary of what each menu offers.

✓ BRAIN FITNESS TEST

Choose to either complete three exercises and have your brain's age measured in the Official Test, or have multiple players compete one exercise each to have their brain's ages measured in the Group Mock Test. The results will be given once all the exercises have been completed.

✓ TODAY'S EXERCISES

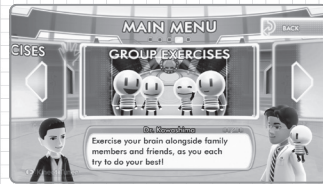
Train your brain by performing a variety of exercises based off of your play history. You can select exercises recommended by Dr. Kawashima, those recommended by Wattson, or exercises not yet played.

✓ CUSTOM EXERCISES

Train with your choice of exercise, including genre and difficulty level!

✓ GROUP EXERCISES

Perform exercises with multiple players. Take turns performing the exercises, or have two players compete together in the same exercise at once for the best score.



BRAIN FITNESS TEST

Perform the exercises to have your brain's age measured. Complete all the exercises to have the results displayed. You can also take the Brain Fitness Test with multiple players.

How to Play

Follow these steps to calculate your brain's age.

1 TEST OPTIONS

Choose to either complete three exercises and have your brain's age measured in the Official Test, or have multiple players complete one exercise each to have their brain's ages measured in the Group Mock Test.

2 CHOOSING EXERCISES

Once you've chosen a test, the series of exercises will be displayed. Hold the hand cursor over an exercise to bring up the instructions. Hold the hand cursor over the exercise again to select it.

3 PERFORMING EXERCISES

Complete an exercise and view your results. When you're done, the next exercise is displayed. Make sure to read the instructions carefully before playing.

4 RESULTS SCREEN

After completing all the exercises, you can then check your brain's age and mark your progress by putting a stamp on the calendar before returning to the main menu. Only the first test results of the day will be recorded. You can also view the brain age of other gamer profiles, so keep training every day!

NOTE: When measuring results for the first time, this game's achievements will be erased.

GROUP EXERCISES

Play with multiple players (two to four) to compete for the best score while having fun training! In some of the exercises, two players can play at the same time!

How to Play

Follow these steps to set the number of players and avatars used, and perform the exercises.

1 CHOOSING THE NUMBER OF PLAYERS

When choosing the number of participating players, make sure all the players fit into the frame while standing in a row. Make sure that all the players fit into the frame while standing in a row. Once the avatars have been automatically selected for each player, press "Yes" on the confirmation screen to begin playing, or "Manually Create" to reselect the avatars.

2 PERFORMING EXERCISES

Players will be called forward to spin a roulette wheel and choose the theme and exercise. Read the directions carefully before performing the exercise.

3 RESULTS SCREEN AND PHOTOS

After completing all of the exercises, you'll proceed to the results screen, where you are awarded a title and the MVP is announced. Confirm your results and then take a commemorative photo. After your photo is taken, you can either choose to return to the main menu or play again.

NOTE: A maximum of 10 photos can be saved at a time. When the maximum photos have been reached, or there is not enough save space available, you can either overwrite the oldest photo or cancel the current save.

✓ TWO PLAYERS AT ONCE

In Group Exercises mode, you have two players standing side by side answering the exercise. Please stand on the side that your photo appears.

CREDITS

NAMCO BANDAI Games Inc.

Executive Producer
Naomiki Yanagisawa

Producer
Yasuhiro Nishimoto

Chief Product Planner
Chihiro Kozasa

Product Planners
Daisuke Sekioka
Tetsutaro Hiraoka

General Manager
Takefumi Hyodo

Localization Manager
Shoko Doi

Localization Producer
Jeremy Clark

Marketing Manager
Kiyoshi Nishimura

**Marketing Coordinator
(North America & PAL)**
Nao Takeda

NAMCO BANDAI Games Europe, S.A.S.

President & CEO
Shusuke Takahara

Senior VP
Kevin Yanagihara

VP, Sales & Marketing
Hiroaki Ochiai

Director, Sales & Marketing
Tatsuya Kubota

Product Manager
Kevin Chadaine

PR Manager
Julie Carneiro

NAMCO BANDAI Partners S.A.S.

CEO
Jackie Fromion

COO & CFO
Olivier Colcombet

VP Marketing, Sales and Publishing
Olivier Comte

Publishing and Product Support Director
Samuel Gatté

Senior Producer
Ai-Lich Nguyen

Producer
Karine Balichard

Marketing Director
Patrick Rausch

Communication and PR Manager
Linda Duchaussoy

Product Manager
Delphine Janczak

**Marketing Support and Business
Intelligence Manager**
Jean Yves Lapasset

Senior Game Analyst
Jocelyn Cioffi

Market Research Analyst
Julie Joet

Marketing Coordinator
Mieko Murakami

Localisation Manager
Franck Genty

Localisation Project Managers
Lucas Roussel
Manuela Riboldi

Quality Control Manager
Olivier Robin

Certification Project Manager
Claire McGowan

Engineering Services Project Managers
Stéphane Entéric
Emeric Polin

Online Business Manager
Anthony Macaré

Web Manager
Veronique Salmeron

Community Manager
Anthony Grabit

VP Distribution Operations
Christophe Delanoy

Manufacturing and Printed Materials Director
Caroline Fauchille

CREDITS

**Packaging Project Manager
and Marketing Support**
Céline Vilgicquel

Copywriter
Vincent Hattenberger

Supply Chain Manager
Nicolas Guérard

Supply Chain Coordinators
Delphine Doncieux
Mike Shaw

Products Planning Coordinator
Laurence Dury

Local Marketing Team

UK
Lauren Bradley

France
Antoine Jamet/Olivier Planchon

Deutschland
David Razaghi

Iberica
Laura Aznar Bertran

Italy
Mario Vacca

Benelux
Roger Regoor

Nordic
Frans Fagerlund

Hellas
Chris Altiparmakis

Israel
Lihi Moran

Australia
Stephen O'Leary

Special Thanks to

Jun Omata
Kazuya Maruyama
Mizuki Tsuru
Makoto Iwai
Miki Ohta
Miyomi Matsumoto
Kanakano Yamamoto
ENZYME TESTING LABS
Guillaume Jolicœur
Marc André Jargstoff
Asley Hodgson
Pierre Luc Bélanger
Keywords International Ltd.
Martin Graf
Nicolas Hermant
Cécile Bénédic
Dario Mochetti
Maria Pignatelli
Peter Schumacher
Around the Word
Synthesis Milano
Synthesis Iberia Madrid
Textocom

English Voice Over Recording

Recording Studio
Cup of Tea Productions, Inc & NSI

Recording Engineer
Danielle Hunt

Casting
Cup of Tea Productions, Inc.

Voice Director
Wendee Lee

Project Manager
Lainie Bushey



