 **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](http://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.

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By playing this game, you are bound by the rules of the company's EULA. For more information, please visit the following website: <http://namcobandai.com/eula>

# HOW TO START PLAYING

## Connect to Xbox LIVE

Xbox LIVE® is the online game and entertainment service for Xbox 360®. Just connect your console to your broadband Internet service and join for free. You can get free game demos and instant access to HD movies (sold separately)—with KINECT, you can control HD movies with the wave of a hand. Upgrade to an Xbox LIVE Gold Membership to play games online with friends around the world and more. Xbox LIVE is your connection to more games, entertainment, and fun. Go to [www.xbox.com/live](http://www.xbox.com/live) to learn more.

## Connecting

Before you can use Xbox LIVE, connect your Xbox 360 console to a high-speed Internet connection and sign up to become an Xbox LIVE member.

For more information about connecting, and to determine whether Xbox LIVE is available in your region, go to [www.xbox.com/live/countries](http://www.xbox.com/live/countries).

## Family Settings

These easy and flexible tools enable parents and caregivers to decide which games young game players can access based on the content rating. Parents can restrict access to mature-rated content. Approve who and how your family interacts with others online with the Xbox LIVE service, and set time limits on how long they can play. For more information, go to [www.xbox.com/familysettings](http://www.xbox.com/familysettings).

## 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](http://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](http://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 CONNECTION** 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 CONNECTION** 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

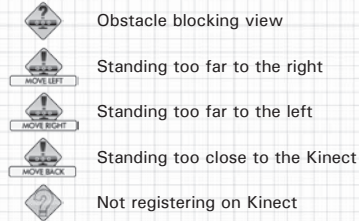
Only the player standing closest to the camera within its range will be recognized, and be able to control the game. Please make sure that anyone else besides the player does not enter the play space.

### 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

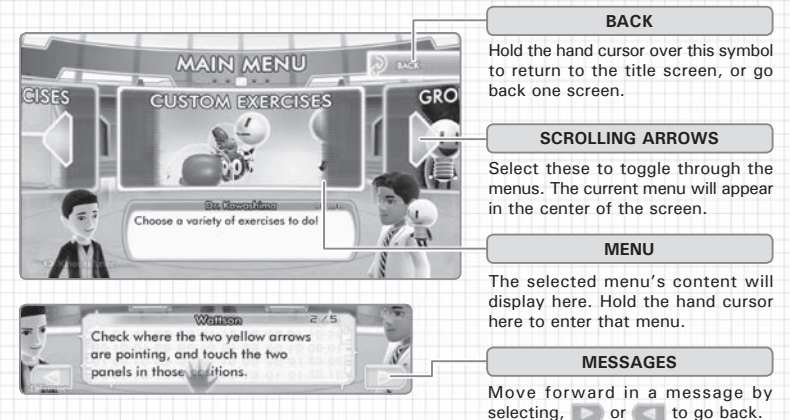
Once you get past the title screen, please select a gamer profile. Follow the instructions on the next page to either create or load data.

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 be 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.



## 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.



### Playing KINECT Safely

**Make sure you have enough space so you can move freely while playing.**

Gameplay with KINECT may require varying amounts of movement. Make sure you won't hit, run into, or trip over other players, bystanders, pets, furniture, or other objects when playing. If you stand or move during gameplay, you need good footing.

**Before playing:** Look in all directions (right, left, forward, backward, down, and up) for things you might hit or trip over. Be sure your play area is far enough away from windows, walls, stairs, etc. Make sure there is nothing you might trip on—for example, toys, furniture, loose rugs, children, pets, etc. If necessary, move objects or people out of the play area. Don't forget to look up—be aware of light fixtures, fans, or other objects overhead when assessing the play area.

**While playing:** Stay far enough away from the television to avoid contact. Keep enough distance from other players, bystanders, and pets—this distance may vary between games, so take account of how you are playing when determining how far away you need to be. Stay alert for objects or people you might hit or trip on—people or objects can move into the area during gameplay, so you should always be alert to your surroundings.

Make sure you always have good footing while playing. Play on a level floor with enough traction for the game activities, and make sure you have appropriate footwear for gaming (no high heels, flip flops, etc.) or are barefoot if appropriate.

**Before allowing children to use KINECT:** Determine how each child can use KINECT and whether they should be supervised during these activities. If you allow children to use KINECT without supervision, be sure, to explain all relevant safety and health information and instructions. **Make sure children using KINECT play safely** and within their limits, and make sure they understand proper use of the system.

**To minimize eyestrain from glare:** Position yourself at a comfortable distance from your monitor or television and the KINECT sensor; place your monitor or television and KINECT sensor away from light sources that produce glare, or use window blinds to control light levels; choose soothing natural light that minimizes glare and eyestrain and increases contrast and clarity; and adjust your monitor's or television's brightness and contrast.

**Don't overexert yourself.** Gameplay with KINECT may require varying amounts of physical activity. Consult a doctor before using KINECT if you have any medical condition or issue that affects your ability to safely perform physical activities or if: You are or may be pregnant; you have heart, respiratory, back, joint, or other orthopedic conditions; you have high blood pressure or difficulty with physical exercise; or you have been instructed to restrict physical activity. Consult your doctor before beginning any exercise routine or fitness regimen that includes KINECT. Do not play under the influence of drugs or alcohol, and make sure your balance and physical abilities are sufficient for any movements while gaming.

**Stop and rest** if your muscles, joints, or eyes become tired or sore. If you experience excessive fatigue, nausea, shortness of breath, chest tightness, dizziness, discomfort, or pain, STOP USING IMMEDIATELY, and consult a doctor.

See the Healthy Gaming Guide at [www.xbox.com](http://www.xbox.com) for more information.

## LIMITED WARRANTY

NAMCO BANDAI Games America Inc.

ATTN: Customer Service

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