

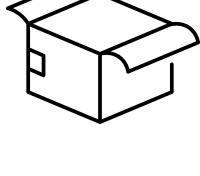


# Brain exercises

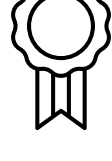
Keep your brain as healthy and fit as your body with these simple tips

## WARMUP

stay focused:  
get your stuff  
ordered in a  
planner/diary



set targets to be  
accomplished in  
advance



prioritise the  
tasks to avoid  
confusion



broaden your  
horizons on a  
daily basis



pay attention to  
details



01

STAY FOCUSED

TARGET PRACTICE

PRIORITISE

EMBRACE CHANGE

ATTENTION TO DETAIL

02

TEST YOUR RECALL



LET THE MUSIC PLAY

LEARN A NEW SPORT

TAKE A COOKING CLASS



LEARN A FOREIGN LANGUAGE



## CONDITIONING (or EXERCISE)

Make a list — of grocery items, things to do, or anything else that comes to mind — and memorize it. Make sure to use a relevant icon to mark each section.

Learn to play a musical instrument or join a choir. Studies show that learning something new and complex over a longer period of time is ideal for the aging mind.

Start doing an athletic exercise that utilizes both mind and body, such as yoga, golf, or tennis.

Learn how to cook a new cuisine. Cooking uses a number of senses: smell, touch, sight, and taste, which all involve different parts of the brain.

The listening and hearing involved stimulates the brain. What's more, a rich vocabulary has been linked to a reduced risk for cognitive decline.

## STRETCHING

Visualize the spelling of a word in your head, then try and think of any other words that begin (or end) with the same two letters.

After returning home from visiting a new place, try to draw a map of the area; repeat this exercise each time you visit a new location.

When eating, try to identify individual ingredients in your meal, including subtle herbs and spices.

Take up a new hobby that involves fine-motor skills, such as knitting, drawing, painting,

Figure out problems without the aid of pencil, paper, or computer; you can make this more difficult — and athletic — by walking at the same time. List relevant information line by line.

03

CREATE WORD PICTURES

DRAW A MAP FROM MEMORY

CHALLENGE YOUR TASTE BUDS

REFINE YOUR HAND-EYE ABILITIES

DO MATH IN YOUR HEAD

## COOLDOWN

Take a moment to do something you love



Get in touch with Nature



Be physically active



Take a nap

