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BRAIN
BOOSTERS

Keeping your mind sharp is important whether you're eight or eighty-eight. But it *does* requires some effort.

By spending even 15 minutes a day on simple exercises, you *really can* boost your brain power.

We've compiled our favorite brain boosting exercises so you can keep your mind young and fresh!

1. SPEED READ.

Speed reading helps you develop better memory and achieve your goals faster.

2. DRAW.

You can easily inspire creativity and stimulate the right hemisphere by drawing.

3. PRACTICE A NEW LANGUAGE.

Learning a new language or practicing a foreign language improves the speech centers of your brain.

4. CROSSWORD PUZZLES.

Completing crossword puzzles bring out the brain's ability to think critically.

5. LAUGH.

Laughing increases overall well being
(besides making life more *fun!*).

6. DEBATE.

This strengthens your brain's ability to think quickly and persuasively.

7. LEARN CONSTANTLY.

Read, listen, study, and observe.

Devote yourself to a lifetime of learning.

8. CLASSICAL MUSIC.

The left hemisphere of your brain is activated when you listen to music. Mozart's music has been linked to an 80 percent increase in spatial intelligence scores. Wow!

9. PLAY.

Board and card games help to improve thinking speed and natural problem solving skills.

10. CALL SOMEONE.

Research has shown that social networking is important in reducing the risk of dementia. This will help you to sustain and develop relationships, reduce stress, and express your emotions.

11. WALK.

Walking is good for your mental health. This activity sends oxygen to your brain and relaxes you so you're able to think clearly.

12. ASK QUESTIONS.

Questions can provoke new thoughts and ideas. They help you re-examine well-established philosophies, while building brain power.

13. BRAIN TEASERS.

Spend 15 minutes a day doing brain teasers and puzzles. It's a relaxing, yet invigorating break for the mind.

14. RIDDLE ME THIS.

Spend several minutes a day answering riddles. This is a fun activity to do with your children or grandchildren.

15. PAINT.

Get your creative juices flowing with a paint brush. It doesn't matter if you're an artist or not, just let the brush strokes flow!

16. MUSIC.

Playing a musical instrument not only develops your creativity, but it boosts your brain power, too.

17. HOBBIES.

Stamp collecting, coin collecting, arts & crafts – anything that keeps your brain active is good for you.

18. QUIZ ME.

Quiz yourself on useful knowledge and trivia to keep your mind in shape.

19. SUDOKU.

This challenging game is great for building brain power through critical thinking and reasoning.

20. ANAGRAMS.

This word game will develop your brain power, memory skills, and problem solving capabilities.

21. PLAY THE NAME GAME.

Name as many varieties of one thing as you can. Or make as many words as you can from another longer word.

22. RECITE YOUR ABCs.

Recite the alphabet—backwards! It's a simple game that trains you to use your thinking and memory skills, while boosting your brain function.

23. HAVE A SPELLING BEE.

Practice spelling common and uncommon words. It gets your brain churning.

24. BALANCE YOUR CHECKBOOK.

Math stimulates your brain. It may not be as much fun as some of the other exercises, but balancing your checkbook is good both fiscally and mentally.

25. TEACH.

Teach others something you know either in a classroom setting or one-on-one.

It's important to keep *active*.

Use your brain to remember, learn, and solve problems so you not only work your brain muscles, but you build and develop skills that keep your mind sharp.

Have fun, get creative, and exercise your brain regularly!