

How to Exercise Your Brain

Exercising your brain can create a 'cognitive reserve', improve memory and potentially ward off dementia and Alzheimer's as we enter our golden years.

Here are a few things we can do to improve brain function and decrease mental atrophy:

1. Take a class to learn something you have always wanted to know about.
Learn to play an instrument or pick up a foreign language.
2. Do puzzle games such as crossword puzzles or Sudoku puzzles.
3. Read often and read a lot of different types of books.
4. Remember and repeat groups of words. Try memorizing your grocery list.
5. Play computer brain games.
6. Test and monitor your memory.
7. Meditate often. Take calm, deep breaths. Your brain needs a lot of fresh air.
8. Eat foods containing omega fatty acids such as flax seeds, hemp seeds and fish. Omega fatty acids have been known to boost intellectual stamina.
9. Perform math functions regularly.
10. Learn new words from a word a day calendar or from a dictionary.
11. Use your left hand if you are right handed, and reverse. You will be exercising the opposite side of the brain.
12. Learn to read and play music (classical music is known to have the best effects.)
13. Use the Mozart Effect - classical music increases brain activity more positively than other kinds of music.
14. Draw or paint.
15. Try to reach office or college by some different route; this will save your brain from becoming monotonous.
16. Try solving a Sudoku/cross word or some other puzzle while watching TV, this will increase multitasking.
17. Never avoid breakfast; it's essential for your brain.