

How to Exercise Your Brain

Scientists believe that exercising your brain can create a 'cognitive reserve' that will help you stay sharp as you age.

Try to:

1. Take a class to learn something you have always wanted to know about. Learn to play bridge, study a foreign language or take an art class.
2. Do games and puzzles such as crossword puzzles and Sudoku puzzles. You can also play word games like Scrabble.
3. Read often and read a lot of different types of books. Take a magazine and dedicate a certain amount of time to reading it each day or each week. Read the newspaper.
4. Remember and repeat groups of words. Try memorizing your grocery list.
5. Play computer brain games, such as Brain Age.
6. Test and monitor your memory and attention with special computer games.
7. Write or edit a wikiHow article every now and then.
8. Meditate often. Take calm, deep breaths. Your brain needs a lot of fresh air.
9. Eat foods containing omega fatty acids such as flax seeds, hemp seeds and fish.
10. Perform math functions regularly.
11. Learn new words from a word a day calendar or from a dictionary.
12. Use your left hand if you are right handed, and reverse. You will be exercising the opposite side of the brain.
13. Learn to read and play music
14. Draw or paint.
15. Try to think of a different possibility of how something could've gone, and explore the further consequences.
16. Try to reach office or college by some different route; this will save your brain from becoming monotonous.
17. Try to avoid long hours of watching TV. Or at least solve Sudoku/cross word or some other puzzle while watching TV, this will increase multitasking.
18. Never avoid break fast, it's essential for your brain.