

Exercise your Brain

Exercise 1

Everybody forgets what they went into the next room to get. It isn't a problem with memory, it is what psychologists call interference or divided attention. Trace your movements back in your mind. Picture what you were just doing and where you were. Pop. You will remember why you are standing in front of the desk with a pencil in your hand

Exercise 2

Find a tennis ball then pick a numbers task like doing a suduko puzzle Start looking at your numbers while you squeeze the tennis ball rapidly in your right hand. This will help you get started solving the puzzle more quickly. Why? Your brain circuit goes to sleep when you don't use them so wake them up. The left side of your brain handles simple math tasks, when it picks up on the activity on the opposite side of your body it wakes up to monitor it.

Exercise 3

Try playing charades, it will provide you with a physical workout and challenge you cognitively, besides also providing you with a great opportunity to socialize with others. All of these factors, mental, physical and social will help you keep your brain healthy.

Exercise 4

Work your way to math smarts. The one easy way to be the first person that comes up with the math answer first is to practice with numbers and figuring everyday. Calculate in your head how much to leave for the tip or how much change that you will get back after you have paid your bill. Think about how much faster you could arrive at your destination if you drove 5 mph faster.

Exercise 5

Use everyday downtime to stir up your brain cells. For example- while you are waiting in line at the grocery store try to estimate the amount of your grocery bill in your head. Estimate the crowd size or the number of pairs of shoes of the people on the bus or train. Try visualizing the tasks that you want to get accomplished today and mentally walk through the steps to accomplish each one. If you do this the night before then your brain will start solving the problems while you sleep.

Exercise 6

This is the single best 20-minute brain maintenance exercise is to walk briskly for 20 minutes every other day. A fit body pumps more blood to energize your brain cells. Try walking to buy a paper instead of having it delivered. Try jogging when you are walking the dog or a few times a week put on a comfortable pair of shoes and walk to work instead of driving.

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