

Exercise you Brain

Ever heard the expression “use-it-or-lose-it”? To keep your brain functioning optimally you need to use it! Just like the body requires regular exercise, so does your brain. Here are some suggestions for exercising your brain.

- Expand your activities and learn new things
- Learn a dance routine, take up piano, crossword puzzle
- Solve problems
- Learn complex tasks
- Keep a journal
- Read a book
- Expand your activities and learn new things
- Learn a dance routine, take up piano, crossword puzzle
- Solve problems
- Learn complex tasks
- Keep a journal
- Read a book

