



EXERCISE YOUR BRAIN

Regularly exercising your brain can protect against future memory loss and cognitive decline.

Brain exercises of around 90 minutes a week can also help to reduce stress, improve mood and increase concentration and productivity.

Here are some quick brain exercises you can do during the day:

- Eat lunch and snacks with your non-dominant hand
- Press your thumb against your index finger, then your middle finger, then ring finger and finally your little finger – repeat this 20 times for each hand
- Create word pictures - Visualise the spelling of a word in your head, then try and think of any other words that begin (or end) with the same two letters
- Polywords - See how many words you can make using the letters opposite. All your words must be at least 4 letters long, and must include the middle letter 'I'
- Practice mental maths every day.



Try these brain teasers below:

Move one matchstick to get another correct equation.



Find out the highest possible no. by moving only 2 matchsticks



References: <https://bebrainfit.com/brain-exercises/>
<https://www.ncdajim.nh.gov/publiced/17234899>
<https://www.youtube.com/watch?v=spCpfeBe8E>



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