



Easy to do anytime exercises

- read upside down...wear your watch upside down
- use your non dominant hand
- write backwards
- learn a language
- travel different routes to familiar places...
- say the days of the week backwards
- say the months of the year in alphabetical order
- name 2 foods (or other categories) for every letter of the alphabet
- pick a category...name an item...name the next item in the category using the last letter of the item named before. (example...animals...dog, goat, turtle, elephant, tucan, newt...)
- when you enter a room look for 5 red things that would fit into your pocket
- when you enter a room look for 5 blue things that are too big to fit into your pocket
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Sharp Brains <http://sharpbrains.com>

AARP Brain Health Center <http://www.aarp.org/health/brain-health/>

Fit Brains <http://fitbrains.com>

Joshua Foer (Moonwalking with Einstein) and YouTube

Paul D. Nussbaum <http://www.paulnussbaum.com> and on YouTube