

On the Bright Side



EXERCISE
your brain!



LEARN
something new!



READ
a book!

Exercise **your brain** – it's important

Most people have a pretty good understanding that staying healthy typically requires some sort of exercise—even if it's gentle chair exercises, light walking, or stretching—and eating right. But did you know that you should actually be exercising your brain too?

Mental fitness includes your brain health and also your emotional health, and keeping it in tip-top shape helps you do things like:

- **Slow down**
- **Destress**
- **Decompress**
- **Boost a declining memory** (*or prevent it from getting to that point*)

According to a study in the Proceedings of the National Academy of Sciences, there are certain memory training exercises that can increase “fluid intelligence,” which is the ability to reason and solve new problems.

Exercising your brain seems like a strange concept, considering it feels like thinking all day would be enough exercise. But the problem is, when all you're doing is thinking about what you're watching on TV or about your daily worries, you're actually only using one side of your brain.

To get a good hard brain sweat in, make a point to do things that get your brain going and stimulated and active!

For some ideas on how to exercise your brain, check out our latest blog!



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