



AllCare Living Services, Inc. Presents

# Exercise Your Brain

- 1 Play! Play! Play!**  
Play word and number games or puzzles. Aim for 30 minutes three to four times a week.
- 2 Mix It Up!**  
Don't play the same game or puzzle over and over. Alternate between number puzzles and word games.
- 3 Explore!**  
Walk or travel different pathways to reach the same destination. You'll avoid patterned behavior and be stimulated by new sights and sounds.
- 4 Go! Go! Go!**  
Exercise assists in concentration skills by moving important oxygen-rich blood to all of your body parts — including your brain — more quickly.
- 5 Silence Really IS Golden!**  
Exercise your concentration skills by embracing silence. Avoid distractions such as the radio or TV and eliminate background noise as much as possible.
- 6 Feed The Brain!**  
Certain foods high in Omega-3 fatty acids (salmon, tuna) are beneficial to brain health, as are blueberries, which are rich in vitamins C and E.
- 7 Read! Read! Read!**  
Reading is far more beneficial to the brain than watching TV or listening to music. It is also one of the best exercises in concentration.
- 8 Share The Love!**  
Nurture, give and receive positive emotions. Social skills are very thought-intensive and benefit brain and overall health.

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[www.AllCareLivingServices.com](http://www.AllCareLivingServices.com)

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*"Certified In-Home Care with a Heart."*