

AT HOME WITH NEUROBICS

BY

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Introduction

I am a Mathematician and a personal campaigner for people living with memory loss such as Alzheimer's disease and dementia.

The dictionary describes Neurobics as activities or mental (cognitive) tasks that stimulate the brain and help prevent memory loss.

According to recent and ongoing research Neurobic exercises not only improve one's memory as a result of stimulating the brain but also enhance one's quality of life. By attempting Neurobic exercises daily for 10 to 15 minutes one can reap the benefits of improved memory. The exercises also provide so much fun and amusement when attempted together! By attempting the exercises regularly you will become more alert, have happier moods and develop greater awareness of things around you.

'At Home with Neurobics' is my second resource booklet on Neurobic exercises, the first one being 'Your Brain Matters' which can be found by visiting my web site www.battledementia.co.uk.

The Neurobic exercises in this resource involve mainly using your non dominant hand sometimes referred to as your unusual hand.

All the exercises can be adapted or changed to suit the needs, circumstances and abilities of those attempting the exercises.

The resource includes a guide on how to attempt Neurobic exercises. It is emphasized that a great deal of enjoyment and fun can be had in attempting the exercises especially when attempted in pairs, in groups or as a family.

Always bear in mind that Neurobic exercises can be described as activities or tasks designed to stimulate the brain and help prevent memory loss.

This resource contains a number of Neurobic exercises which can be attempted mostly by using objects found in most households such as discarded empty plastic bottles, bottle tops, match sticks, packaging material and boxes.

Before embarking on the exercises described in this resource it is necessary to build a bank of resources similar to the list of items mentioned below.

Remember that to obtain maximum benefits from doing the exercises it is recommended that about fifteen minutes should be spent daily attempting the exercises.

The exercises can be attempted in any order and can be attempted individually, in pairs, in groups or even as family units and a great deal of fun and amusement can be derived from attempting the Neurobic exercises especially in these groups. As mentioned earlier, the exercises can be adapted and altered to suit one's own circumstances and abilities. Some of the exercises can be used as organised competitions when they can be attempted when sitting in pairs, in groups of any size or when families get together such as at Christmas time.

Disclaimer

All the information provided in this book has been written by the author in an attempt to provide helpful exercises for the purpose of assisting people living with memory loss such as Alzheimer's disease and dementia. The resource has also been written in an attempt to improve peoples' mental fitness.

This resource is not meant to be used in any way, shape or form to diagnose or treat any medical condition be it mental or physical. For diagnosis or treatment of any mental or physical problems one is advised as always to contact one's own General Practitioner immediately.

The author will not be held responsible for any injury, loss or damage caused in any way by attempting any of the exercises in this book.

As with any exercise programme, one should be aware of one's own physical and mental limitations, and one should always bear in mind that if one has any concerns, one should consult a qualified health care professional for appropriate advice and guidance with immediate effect.

This book is not to be taken as a substitute for the medical advice of a qualified physician.

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How to use this resource

This resource is made up of a variety of different exercises. Most of the exercises can be attempted using the items mentioned in the bank of materials and these can be found in most households.

When using this resource it is suggested that one or two exercises are selected from different parts of the book in order to give the reader a variety of attempts at Neurobic exercises and at the same time selecting the exercises that suit their own needs, abilities and circumstances at the time.

It is suggested that carers using this resource at home, in residential and care homes and elsewhere will be able to select exercises for their residents to suit their circumstances at the time. As already mentioned, the exercises can be attempted individually, in pairs, in groups or as a family. The exercises are designed in such a way as to stimulate the brain to improve memory whilst at the same time providing a source of much needed fun and entertainment for all hopefully resulting in a good quality of life.

If necessary any of the exercises in this resource can be adapted to suit what materials are available and the circumstances at the time.

Research

A study conducted by researchers at King's College, London explored the effects of Neurobic exercises on a number of people and found that the exercises helped them in the performance of everyday tasks. Taking part in brain training exercises not only improved their memory skills but also improved how well they carried out everyday tasks such as shopping, cooking, personal hygiene and managing personal finances.

Research is ongoing to explore how brain exercises help in the prevention of memory decline later in life to prevent the development of dementia.

Dedication

This resource is dedicated to people of all ages be they young or old who may be battling every day to combat memory loss and the carers who look after them.

Suggested bank of items for attempting the Neurobic exercises

A number of these items are commonly found in most households.

Plastic bottles with tops
Tennis balls or soft balls
Kitchen roll centres
Ping pong balls
Egg trays
Marbles
String
Match sticks
Glue
Scissors
Jugs
Supply of water
Silky sand
Walking sticks
Waste paper basket
Bucket
Spoons
Rubber darts
Boxes
Plastic mugs
Cardboard mugs
Cloth bags
Pens or pencils
Paper
Sponges
Computer keyboards
Mobile phone
Home made boules
Weighted magnetic darts with safe magnetic ends
Magnetic dart boards
Sugar cubes, oxo cubes and dices

Neurobic exercises and your hands

Your **dominant hand** is your usual hand.

Your **non dominant hand** is your unusual hand.

If you are left handed your non dominant hand is your right hand.

And vice versa, if you are right handed your non dominant hand is your left hand.

Before attempting any of the the Neurobic exercises you may wish at first to use your dominant hand to attempt the exercises so that you can gain confidence.

You can then switch over to using your non dominant hand.

Chapter 1

Neurobic exercises with different types of balls

You can use a tennis ball or a soft ball to attempt these ball exercises:

Reminder: Your **non dominant hand** is sometimes called your **unusual hand**:

Exercise 1

Using your non dominant hand throw a ball up and catch it with the same hand.

Repeat this exercise ten times.

Exercise 2

Using your non dominant hand throw a ball up and catch it with your dominant hand.

Repeat this exercise ten times.

Exercise 3

Using your non dominant hand throw a ball into an empty basket or bin five metres away.

Repeat this exercise ten times.

Exercise 4

Using your non dominant hand throw a ball to your partner standing ten metres away and catch the returned ball using your dominant hand.

Repeat this exercise ten times.

Exercise 5

Using your non dominant hand throw a ball over your nearest shoulder into an empty basket or bin five metres away.

Repeat this exercise ten times.

Exercise 6

Using your non dominant roll a ball right into a goal made out of an open box placed in the corner of a room ten metres away.

Repeat this exercise ten times.

Exercise 7

Using your non dominant hand bounce a ball ten times catching each bounce with your dominant hand.

Repeat this exercise ten times.

Exercise 8

Using your dominant hand bounce a ball ten times catching each bounce with your non dominant hand.

Repeat this exercise ten times.

Exercise 9

Using your non dominant hand bounce a ball against a wall five metres away and catch the ball with your dominant hand.

Repeat this exercise ten times.

Exercise 10

Using your dominant hand bounce a ball against a wall five metres away and catch the ball with your non dominant hand.

Repeat this exercise ten times.

Exercise 11

Using your non dominant hand throw a ball so that it bounces once before it lands inside an empty basket or bin 3 metres away.

Repeat this exercise ten times.

Exercise 12

Now using your dominant foot:

Using your non dominant foot kick a ball right into the corner of the room ten metres away so that it knocks over an empty plastic bottle.

Repeat this exercise ten times.

Exercise 13

Using your non dominant foot, pass a ball to your partner standing ten metres away.

Repeat this exercise times.

Exercise 14

Using your non dominant foot back heel a ball to your partner standing ten metres away.

Repeat this exercise ten times.

Exercise 15

Place an empty plastic bottle about ten metres away.

Using your non dominant hand roll a ball to knock the bottle over.

Record your score after ten tries.

Exercise 16

Place three plastic bottles in a row about ten metres away.

Using your non dominant hand roll a ball to knock all the bottles over in one roll.

Record your score after ten tries.

Exercise 17

Repeat the bottle exercises with the bottles half full of water and then with the bottles full of water.

Exercise 18

Place a tennis ball carefully on a tea spoon held in your non dominant hand.

Carefully deposit the ball without dropping it into your partner's hand standing ten metres away. You will need to walk carefully!

Exercise 19

Hold a walking stick in your non dominant hand and use it as a golf club.

Knock a tennis ball along the floor of a room into an open box turned on its side five metres away.

Repeat this exercise ten times.

Exercise 20

Label each egg slot in an open egg box with numbers from one to six.

Place the egg box on a table. Stand near the edge of the table.

Using your non dominant hand bounce a ping pong ball on to the table so that it lands in one of the six egg box slots.

Total your score after five attempts.

Repeat the exercise taking ten attempts.

Exercise 21

Let's go French!

The game of boules is ideal for care home groups to play for gentle fitness and to encourage friendship and social bonding. The tactile natural wooden boules fit neatly in older hands especially for anyone with weak gripping ability.

Although played with metal or wooden balls the game of boules can be played with any balls such as tennis balls or footballs. Just remember that when boules

are thrown they are not expected to bounce when they land. So small juggling balls such as the bean filled ones will produce better game play than tennis balls or other balls.

In this exercise, roll or throw the balls with your non dominant hand.

A sandy surface is suitable for playing boules.

Chapter 2

Neurobic exercises using empty plastic bottles and tops

Try these exercises in a wash basin or in the bath to avoid making a mess!

Dry, free-flowing, silky sand can be used instead of water.

Exercise 1

Open and close a plastic bottle using your non dominant hand.

Exercise 2

Without spilling a drop, pour all the water from a full plastic bottle into a similar and empty bottle, using your non dominant hand.

Exercise 3

Now using your non dominant hand pour the water back into the original bottle without spilling a drop.

Exercise 4

Without spilling a drop, pour the contents of a full one litre plastic bottle into a number of similar cups. Use your non dominant hand.

Exercise 5

Now use your non dominant hand to pour the water from the cups back into the litre bottle without spilling a drop.

Exercise 6

Using your non dominant hand, empty a bottle of water into another bottle until

it is about one quarter full. Before you start make a mark on the bottle to indicate where 'quarter full' should be.

Exercise 7

Repeat the exercise to 'half fill' the empty bottle. Use your non dominant hand.

Exercise 8

Repeat the exercise to 'three quarters fill' the empty bottle.

Use your non dominant hand.

Make marks on the bottles to show roughly where half full and three quarter full should be.

Exercise 9

Using identical bottle tops use your non dominant hand to build the tallest tower of bottle tops, each one on top of the other, before the tower falls!

Count the number of bottle tops you managed to use to build the tallest tower.

Exercise 10

On a level and smooth surface use your non dominant hand to place as many bottle tops as you can in a row all standing on their edges to form a straight line.

Repeat the exercise to form a circle.

Exercise 11

Use your non dominant hand in this exercise.

Make a construction using lollipop sticks and bottle tops.

Start off with four bottle tops forming a square and place the sticks to form the edges of the square. Build another layer on top and repeat the process to make the tallest possible construction.

Exercise 12

Using a length of wire use your non dominant hand to make five wire rings about ten centimetres in diameter.

Use your non dominant hand to throw the five wire ring right onto the bottle.

Repeat the exercise five times.

Repeat the exercise using a coat hanger peg stand instead of bottles so that the wire rings land on the pegs.

Exercise 13

Spinning bottle tops

By securing a bottle top on its edge with one finger of your non dominant hand, flick the bottle top with your non dominant hand so that it spins.

Compete with others to see who can make the bottle top spin longest or how many times you can make the bottle top spin two seconds or more before it falls.

Neurobic exercises using bottle tops as shooters

Exercise 14

This is an exercise which can be used as a game for three players.

On a large piece of stiff cardboard draw a circle of diameter twelve centimetres.

All bottle tops should be top down.

Take turns using your non dominant hand finger to flick one bottle top into the circle.

Exercise 15

Draw a large circle on stiff card board and place it on a flat table top or surface.

Place a number of bottle tops top down inside the circle.

Using your non dominant hand fingers, take turns to flick one top into the circle to attempt to knock the bottle tops in the circle out of the circle.

If a bottle top lands on the edge of the circle count it as a score.

After a few attempts you can decide on the winner.

Exercise 16

From a height of one metre, and using your non dominant hand, drop a bottle top directly into a vertical cylindrical cardboard tube like a kitchen roll tube.

Repeat the exercise ten times.

Exercise 17

Repeat the exercise ten times using your non dominant hand.

A Neurobic exercise by making a bottle top building

Exercise 18

On a level surface and using your non dominant hand, place four bottle tops in a

straight line next to each other. Place another four bottle tops in a row right next to them. Add more tops until a square base of sixteen bottle tops is formed.

Now start putting more bottle tops on top of the square base.

Proceed to build with more bottle tops until a cube is formed containing sixty four bottle tops. You have now created a cube made of bottle tops using your non dominant hand.

Exercise 19

In the same way, you can create smaller or bigger bottle top buildings using your non dominant hand. You can also compete making bottle top stacks to see who can make biggest stacks without bottle tops falling off!

Exercise 20

Line up nine empty bottles like you do in a game of skittles to form a square block of bottles with three on each side. (3 by 3)

Use your non dominant hand to roll a tennis ball to see how many you can knock over.

Repeat the exercise five times.

Exercise 21

Saturate a household sponge with water.

Squeeze the sponge with your non dominant hand until no more water drips into

an empty plastic bottle.

Exercise 22

Repeat the exercise but this time squeeze the sponge and aim carefully so that five drops of water drip one at a time directly into five separate open plastic bottles.

Repeat the exercise using ten open plastic bottles.

Exercise 23

Obtain a piece of string one metre long.

Using your non dominant hand count how many times you can wrap the piece of string around the neck of the bottle.

Chapter 3

Neurobic exercises using your senses

Lucky dip! What's in the bag?

A fun exercise is trying to identify small items of food by smelling, touching or tasting.

Exercise 1

Ask a partner to arrange the following items in a row and try to identify them with your eyes closed. Small quantities of each food item can be placed one at a time in your hand:

a piece of fruit such as orange, pear or pineapple

a piece of cheese

a piece of bread

a piece of meat

Exercise 2

Similar exercises can be attempted using other small pieces of food such as tea leaves, coffee, corned beef, cereals, crisps, pasta or beetroot.

Exercise 3

To be very ambitious, different small samples of spices such as cinnamon, paprika, turmeric, ginger, nutmeg, tamarind, cumin, cardamom, cloves, cayenne

pepper, fennel seed and peppercorn can be attempted three or four spices at a time.

Exercise 4

Place the following items in a cloth bag:

A coin, a washer, a plastic bottle top and a large button.

With your eyes closed feel around inside the bag and use your sense of touch to identify each item in the bag.

Exercise 5

Repeat the exercise with these items:

Different types of balls such as a tennis ball, a cricket ball and a rubber ball.

Exercise 6

Different types of cloth such as silk, tweed, wool.

Exercise 7

A dice, an oxo cube and sugar cube.

Exercise 8

A tooth pick, a match stick and a suitably sized twig.

Exercise 9

A petal, a leaf, a sweet wrapper and a small piece of paper.

Exercise 10

A round pebble, marble, small ball, a round broach.

Exercise 11

Fruits such as an apple, a pear, an orange.

Exercise 12

Different types of vegetables.

Exercise 13

Different types of coins.

.....and just for more fun:

Exercise 14

Using a rectangular piece of paper, coloured pens or pencils and different varieties of circular bottle tops use your non dominant hand to create an abstract design by drawing round the tops to make circles which you can then shade in different colours. Display your creation! Neurobic art!

Great fun in getting dressed in the morning!

Exercise 15

With your eyes closed select the clothes you to wear for the day by feeling around in your drawers for the items you need to wear. Think of the shape and texture of each item.

Place the items of clothing carefully nearby on a chair or on the bed next to you.

Don't attempt to walk around with your eyes closed in case you fall!

Your next exercise is to get dressed in the items you have chosen but remember

with your eyes closed, feeling for the appropriate item of clothing. Remember take care not to walk around with your eyes closed.

How long did that dressing exercise take you? What was your reaction when you opened your eyes and looked in the mirror?

Exercises 16

A really fun morning spent using your non dominant hand

For a really fun morning use your non dominant hand to attempt the following:

Combing your hair

Washing your face

Shaving

Cleaning your teeth

Opening and closing the tooth paste tube

Eating your breakfast with a spoon

Using your knife and fork with the fork on the left and knife on the right!

Opening and shutting doors, windows and containers

Applying make-up

Buttoning up or zipping up

Cleaning and polishing shoes

Tying shoe laces

Stirring your tea or coffee

Chapter 4

Neurobic exercises in an 'upside down world'

Exercise 1

For just a day, hang all the pictures on your walls upside down.

Exercise 2

For just a day, turn all your family photographs on display upside down.

Exercise 3

Wear your watch upside down on your 'other' wrist.

Exercise 4

Hang your calendar upside down.

Exercise 5

Read out aloud a story from a newspaper turned upside down.

Exercise 6

Read out aloud a paragraph from a book turned upside down.

Exercise 7

Try typing your name using your non dominant finger when your computer key board is upside down.

Exercise 8

Use your non dominant hand in this exercise.

Telephone your friends by keying in the telephone number with the telephone key pad upside down. You may key in the wrong number here and there but what fun you will have!

Chapter 5

Drawing round the bases of objects using pencil and paper

Exercise 1

Place your hand flat on a piece of A4 paper.

Open out and spread all the four fingers and thumb.

You are now ready to use your non dominant hand to draw an outline of your hand.

Keeping your hand as still as possible, use your pencil to draw round all your hand including in between all the fingers. When you remove your hand you will have drawn an outline of your hand with your non dominant hand.

Exercise 2

Now use your non dominant hand to shade in your drawing.

Then again using your non dominant hand carefully use a pair of scissors to cut out the outlines you have made.

You can draw round other objects like these in the same way and shade them in using your non dominant hand:

Exercise 3

Your foot.

Exercise 4

Plastic cups, saucers, bottles, tubes and plates.

Exercise 5

Tins and cans.

Exercise 6

Plastic spoons, knives and forks.

Exercise 7

Keys and sea shells.

Exercise 8

Paper weights and ornaments.

Exercise 9

Coins of different denominations, buttons and bottle tops.

Exercise 10

Beer mats, rulers and erasers.

Exercise 11

Your spectacles.

Exercise 12

.....and any other objects around and about the house that can be easily drawn round. Don't forget to use your non dominant hand to draw, cut and shade.

Chapter 6

Neurobic exercises using your computer key board

Exercises using the index finger on your non dominant hand

When you have attempted the exercises using your index finger on your non dominant hand, have more fun using the other fingers on your non dominant hand including your thumb!

Exercise 1

Use your non dominant finger to type the numbers from one and ten.

Exercise 2

Use your non dominant finger to type the numbers from eleven to twenty.

Exercise 3

Use your non dominant finger to type the numbers from twenty one to thirty.

Exercise 4

Use your non dominant finger to type the numbers from thirty one to forty.

Exercise 5

Use your non dominant finger to type the numbers from forty one to fifty.

Exercise 6

Use your non dominant finger to type the numbers from fifty one to sixty.

Exercise 7

Use your non dominant finger to type the numbers from sixty one to seventy.

Exercise 8

Use your non dominant finger to type the numbers from seventy one to eighty.

Exercise 9

Use your non dominant finger to type the numbers from eighty one to ninety.

Exercise 10

Use your non dominant finger to type the numbers from ninety one to hundred.

Exercise 11

Now use your non dominant finger to type the following numbers:

Exercise 12

One hundred and nine.

Exercise 13

Two hundred and fifty six.

Exercise 14

Three hundred and ninety four.

Exercise 15

Four hundred and seventy four.

Exercise 16

Five hundred and eighty two.

Exercise 17

Six hundred and forty nine.

Exercise 18

Seven hundred and eighteen.

Exercise 19

Eight hundred and fifty one.

Exercise 20

Nine hundred and twenty six.

Use your non dominant index finger to type these letters:

Exercise 21

All the lower case letters in the alphabet from a to z.

Exercise 22

All the upper case letters in the alphabet from A to Z.

Exercise 23

All the upper and lower case letters together like this:

Aa Bb Cc DdZz.

Use the finger on your non dominant hand to type the following:

Exercise 24

Your first name.

Exercise 25

Your second name.

Exercise 26

Your address.

Exercise 27

Your date of birth.

Exercise 28

Your friend's name.

Exercise 29

Your place of birth.

Exercise 30

The seven days of the week.

Exercise 31

The twelve months of the year.

Exercise 32

The capital of England.

Exercise 33

The capital of Wales.

Exercise 34

The capital of Scotland.

Exercise 35

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Chapter 7

Neurobic exercises using match sticks

Visit the internet to find examples of shapes made with match sticks.

Use match sticks to form these shapes:

Exercise 1

A square.

Exercise 2

A rectangle.

Exercise 3

A triangle.

Exercise 4

A square joined to a rectangle.

Exercise 5

A rectangle joined to a square.

Exercise 6

A triangle joined to a rectangle.

Exercise 7

A square with four triangles.

Exercise 8

A rectangle with two triangles.

Exercise 9

An outline of a house.

Neurobic exercises making match stick numbers

Visit the internet to find examples of match stick numbers.

Use match sticks to make these numbers:

Exercises 10

1 2 3 4 5 6 7 8 9 10

Exercises 11

Use match sticks to write these sums:

$$1 + 4 = 7$$

$$2 + 3 = 5$$

$$6 + 8 = 14$$

$$9 + 2 = 11$$

$$3 + 7 = 10$$

Neurobic exercises by making words using match sticks

Visit the internet to find examples of words made with match sticks.

Use match sticks to make these words:

Exercise 12

HELLO

Exercise 13

GOODBYE

Exercise 14

TODAY

Exercise 15

TOMORROW

Exercise 16

Use match sticks to make the words for all the days of the week MONDAY to SUNDAY.

Exercise 17

Use match sticks to make the names for all the months of the year JANUARY to DECEMBER.

Exercise 18

Your friend's or partner's name.

Exercise 19

Your father's or mother's name.

Exercise 20

You can also make match stick models using your non dominant hand.

Examples of match stick models can be found on the internet.

Chapter 8

Neurobic exercises using marbles and kitchen roll tubes or centres.

Exercise 1

Use string or thread to make a shape of a circle about 1 metre across on a smooth table. Place ten marbles inside the circle near where the centre is.

Stand or sit near the edge of the table.

Using a shooter marble, and with your thumb on your non dominant hand, flick the shooter marble with your knuckles facing down on the table and try to knock a marble out of the circle with the shooter marble.

Exercise 2

Repeat the exercise ten times Record your score.

Competition time:

Take turns with your friends to see who gets most marbles out of the circle after ten attempts.

Exercise 3

On a flat piece of paper on a smooth surface like a table top secure a kitchen roll tube horizontal on the table with sticky tape or other adhesive.

Standing at the edge of the table and using your non dominant hand try shooting,

flicking or rolling a marble to enter and pass through the tube to come out the other side of the tube.

Exercise 4

Repeat the exercise ten times using five marbles.

Exercise 5

Secure a kitchen roll tube to stand vertically on a smooth surface like a table.

Standing by the edge of the table attempt to drop a marble directly into the tube from a height of half a metre from the top of the tube.

Exercise 6

Repeat the exercise ten times.

Chapter 9

Additional Neurobic exercises

Exercise 1

Stand or sit next to a table and place an open box on the table at the opposite end.

Use your non dominant hand to bounce a ping pong ball on the table so that it lands in the open box.

Exercise 2

Repeat the exercise twenty times.

Exercise 3

Use your non dominant hand to throw a rubber dart at a dart board to score Bull's eye.

Exercise 4

Play the game Ngenga using your non dominant hand.

Exercise 5

Using your non dominant hand stack six identical and empty cardboard mugs with three at the bottom row, two on the next row up and one on the summit.

Exercise 6

Attempt the exercise with more cardboard mugs.

Exercise 7

Use your non dominant hand with the following cubes to build structures:

Sugar cubes, oxo cubes and dice.

Have fun trying to build the highest structure.

Start off with a base of four cubes.

Exercise 8

Repeat the exercise starting off with a base of six cubes.

Exercise 9

Repeat the exercise starting off with a base of eight cubes.

Exercise 10

Use your non dominant hand to write down all the ingredients of your favourite food by copying the list carefully from the label on the tin, jar or packet.

Exercise 11

Using your nondominant hand try to balance an empty plastic bottle on top of a similar empty plastic bottle.

Chapter 10

Brain stimulating activities

It is important to stimulate your brain by getting involved in new and refreshing activities. This helps to reduce and avoid memory loss.

You may of course be already involved with some of these!

Plant a small tree and name it with a plaque.

Grow flowers and vegetables from seed.

Cook a different meal using a new recipe.

Learn to play a musical instrument.

Learn to sing or recite.

Join a choir.

Take a different route to the shops.

Change mode of transport to work.

When shopping start at the back isle instead of the usual front isle.

List the ingredients of some of the food stuffs you buy.

Compile your family tree.

Learn a new board game.

Learn how to play a new sport.

Learn a new language.

Learn Braille or Sign Language.

Join the RSPB (The Royal Society for the protection of birds).

Install a bird stand and observe the visiting birds through a pair of binoculars.

Invite friends for dinner and serve a three course meal in reverse, starting

with pudding, then main course ending with the starter!

Write a poem or a short story.

Join a gymnasium.

Observe and study the stars.

Watch the clouds and learn the different cloud formations.

Learn IT and send emails.

Surf the Internet for your favourite places.

Learn how to play a musical instrument

Sit at different places for meals.

Visit a food and drinks festival.

Learn to sew and knit.

Adopt a pet.

Take up a new hobby.

Build a BBQ and invite friends round on a sunny day.

Arrange a picnic with friends in the park.

Go camping.

