

# Neurobic exercises

*A neurobic exercises project sidesteps and overcomes COVID-19*

Words ALAN DAVIES

**T**he dictionary describes neurobics as activities or mental (cognitive) tasks that stimulate the brain and help prevent memory loss.

Using his website [www.battledementia.co.uk](http://www.battledementia.co.uk), a St Albans mathematician is winning the battle against COVID-19 by providing care homes in Hertfordshire and care centres worldwide with his brain stimulating neurobic exercises.

Before the outbreak of the pandemic, Gareth Rowlands, a campaigner for people living with memory loss such as Alzheimer's disease and dementia, was able to organise workshops at care homes, dementia cafes and doctors' surgeries throughout the county.

He decided to combat the visiting restrictions posed by COVID-19 by using his website.

According to recent and ongoing research, neurobic exercises stimulate the brain, improve one's memory and enhance one's quality of life.

The brain loves a challenge, especially a change in routine.

On the opening page of his



Gareth Rowlands, a mathematician and a personal campaigner for people living with memory loss such as Alzheimer's disease and dementia

website, Gareth's resource booklet 'Your Brain Matters', which contains hundreds of memory boosting exercises, can be downloaded free of charge.

The brain exercises, which act like a workout for the brain, involve using one's non-dominant hand to write symbols, letters, words, and sentences including drawing simple diagrams.

Attempting the exercises daily for 10 to 15 minutes can reap the benefits of improved memory,

alertness, greater awareness and happier moods, which in turn enhance the quality of life.

Other examples of neurobic exercises include using one's non-dominant hand while eating, cleaning one's teeth, doing up buttons while dressing, combing or brushing one's hair, opening and shutting doors and containers, in addition to using two of one's senses at the same time, such as listening to music whilst drawing a picture. **I**

## SIMPLE BRAIN EXERCISES TO TRY

- Firstly, if you are right handed, your usual hand is your right hand. If you are right handed, your unusual hand is your left hand. If you are left handed, your usual hand is your left hand. If you are left handed, your unusual hand is your right hand. All you need is a pencil and paper for this exercise. Have fun!
- Write down your first name with your usual hand. Write down your name with your unusual hand. Write down your name backwards with your usual hand. Write down your name backwards with your unusual hand.
- Write down your name backwards with your usual hand. Write down your name backwards with your unusual hand.
- Make a rough sketch of the letter A with your usual hand. Make a rough sketch of the letter with your unusual hand.
- Write down the number 564 with your usual hand. Write down the number with your unusual hand. Write down the number backwards with your usual hand. Write down the number backwards with your unusual hand.



PICTURE: GETTY IMAGES / SHOOTINGDOG / JILL SUDRISKAVA