

Easy and Fun Things to do to Keep Your Mind Active!

Keeping your mind active with fun things to do is a very easy way to exercise your mind—and you don't have to spend a dime. Simply use your opposite hand! If you are right-handed, do the activities with the left and vice-versa.

- Eat with your non-dominant hand—use your fork and knife in the other hand.
- Shave or put on your make up with the other hand.
- Button your clothes or zip up a zipper with the other hand.
- Wear your wrist watch on the other hand.
- Brush your teeth with the opposite hand.
- Take a new route to work or to the store.

You will be amazed at how simple it is to exercise your brain and stimulate neurons and dendrites on the opposite side of your brain.

Pick one activity that you used to do in the past like playing jacks, shoot pool or maybe even jump rope. Don't be surprised if you need some extra practice—how about line dancing. Most of all have fun and keep with the new activity until your skills return.