

How **brain training** helps your brain



Brain training

We can train and work our brains by doing many different cognitive activities that help our memory and learning ability. Many of these cognitive activities may already be a hobby. Not only are they fun, but they can also help our brain, especially to mitigate decline as we get older.

What are brain training activities?

Activities that can help to train our brain are activities you may already do in your free time.

They include any activity that stimulates your brain, like:



Reading a magazine, journal, newspaper or book



Playing games like cards, chess, crosswords, sudoku or jigsaw puzzles



Learning to play an instrument



Listening to the radio



Going to museums



And many more!

Benefits

Doing brain training or brain-stimulating activities can help with many parts of our brain. It can help with our memory, learning and how fast we are able to complete tasks.

Brain training also increases the volume of our brain and its ability to function.



Brain Training Sources

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