

# **Brain Exercises – Some Great Brain Exercises**

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Brain exercises are very necessary to keep you tuned up. If you do not let your brain work, it will deteriorate with time and it will be very difficult for you to come up with new ideas when you need them.

In order to keep the brain rejuvenated and in working condition, one must keep on giving it some sort of work. This is the best way to keep it going.

Experts believe the brain exercises are the best way to keep the brain in the best conditions. Remember that the brain is like a muscle. It gets stronger only with use and that too if you use it in some particular ways.

Here are some great exercises for your brain. These exercises are specially designed to take very less of your valuable time.

### **a) Learn**

It is very important to learn something new. Try to pick up a magazine whenever you get time and see the articles. Relate whatever you learn to what you already know. In case, you are a beauty expert, an article on nutrition will give you an idea on how certain foods will enhance the beauty of skin and add glow to it.

This way, you will be able to enhance your knowledge and train yourself to look for different connections between things automatically. This will also enhance your creativity and memory. The reason is that having more connections always makes it easy to recall things.

### **b) Sing**

Singing is the best technique to solve problems. Whenever you find yourself alone, try to sing. This exercises your right brain. It is very easy to rhyme when you sing as compared to reading or writing. The right brain is expert in recognizing patterns. This will also make you a great problem solver.

### **c) Word searches crosswords**

This is fun, easy and a great exercise for a brain. This activity exercises your brain via making you focus and think that you require.

#### **d) Puzzles**

Solving different types of puzzles is also an amazing and result oriented brain exercise. It keeps your mind occupied and work towards getting a result.

#### **e) Use your left hand**

Try using your left hand for drawing or writing. It is a great way to exercise the brain as it lets you utilize the non-dominant hand for drawing or writing. Another way is to draw a picture. Draw half the picture with your right hand and the other left hand.

#### **f) Develop creativity**

Try getting a little wild when developing your creativity. Observe things and imaging absurd. For instance, flying cows! Now, try to create sense out of the image.

#### **g) Invent jokes**

This is one of the most difficult and effective brain exercises. Try to take a topic or any word at random and make a joke out of it.

Brain exercises are the best way to give a boost to your brain activity. Follow the above mentioned brain exercises and you would definitely benefit.

#### **Source:**

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