

BRAIN FITNESS EDUCATION

BRAIN POWER...

The Benefits of New Learning

Source: www.aarp.org

- **Your brain is AMAZING. It is faster and more powerful than a Supercomputer.**

From enabling you to think, learn, create, and feel emotions to controlling every blink, breath, and heartbeat, this fantastic control center is **your brain**.

It is a structure so amazing that a famous scientist once called it "the most complex thing we have yet discovered in our universe".

- **When you learn, you change the structure of your brain.**

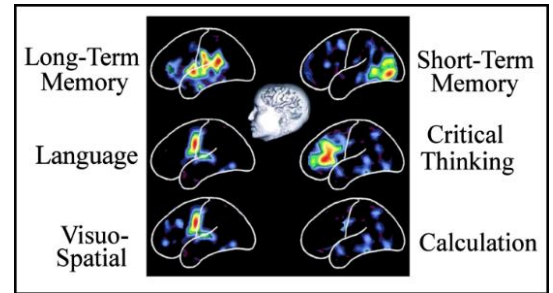
Riding a bike seems impossible at first, but soon you master it. How? As you practice, your brain sends "bike riding" messages along certain pathways of neurons over and over, forming new connections. In fact, the structure of the brain changes every time you learn, as well as whenever you have a new thought or memory.

- **A fascinating book called *Brain Fitness* by Monique Le Poncin**

Source: [Monique Le Poncin](#)

Ms. Le Poncin discusses identifying the various mental abilities in the human repertoire. She stresses the importance, especially for older people, of overcoming monotony and routine in our daily lives. Monotony generates mental (and emotional) lethargy and resignation. **The antidote here is to organize your life in such a way that you become involved and open yourself to others through new activities, dialogue, interaction, and confrontation.**

Brain Fitness...Use It OR Lose It!

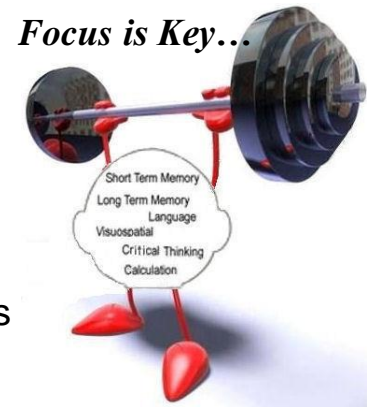


S T R E T C H

That Comfort Zone of Yours...

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BRAIN FITNESS EXERCISE



Welcome New Activities with *Curiosity*.

Be open to getting out of your comfort zone.

So often we don't try new things. Why would we, when our driving or walking route is comfortably familiar? Trying new things helps to *Wake Up Your Brain!* It's terrific news that we know there are benefits to getting out our comfort zone.

*You can't Remember
Something You Don't Know!*

Always look for ways to stretch yourself. Perhaps you will find some activities that you would never have imagined doing before.

S T R E T C H Your Comfort Zone

The simple act of FOCUSING while doing something new is, in and of itself, a helpful exercise for your brain. It is *not important* that the action's outcome be perfect.

Start a "New Activity List" for yourself. What are some things that you have always wanted to do? Note anything that comes to your mind. You can always add or delete items as your list develops.

Get your brain connectors fired up and moving!

New Learning is available everywhere ...just waiting for your attention!



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