



 **Creapure**[®]
www.creapure.com



*How **fit**
are you*

Brain Jogging



▶ How old is your brain?

Did you know that mental deterioration starts at age 25?...
and that starting at age 30 thought processes slow down?

“Brain-training” is the word of the day – but what does it really mean? Does it mean doing endless arithmetic problems or memorizing lengthy texts that no normal person could master? No, the first step is just to make a few changes to your daily routine that will help keep you mentally young.

▶ Fit as a fiddle? Tips for keeping your gray cells active:

- ▶ In the morning, comb your hair and brush your teeth with the “wrong” hand!
- ▶ Drive another route to work!
- ▶ Read the newspaper – or at least one article – backwards!
- ▶ Memorize deliberately your business contacts’ phone numbers!
- ▶ Just solve our short brainteasers on the following pages!

► How about a little concentration test?

Try to mark all the Ns in the following text as quickly as possible.

Tip: You can do this exercise any time on your own – just use a newspaper.

Actually, when it comes to the brain, it's really very simple: If we don't pay attention to what the brain consumes on a regular basis, and we feed it an unbalanced diet of the same information over and over, it punishes us by refusing to work, and having increasing bouts of forgetfulness. But if we feed it a balanced and varied diet, it will thank us with astonishing agility and mental growth.

- We alone are responsible for the real age of our brains.

► Random numbers or a logical sequence?

Continue the series of numbers according to the pattern

37 – 41 – 45 – 49 – ...

106 – 101 – 96 – 91 – ...

2 – 8 – 6 – 12 – 10 – ... – ...

► Are your eyes tricking you?

Cross out the symbol that cannot be made by simply rotating the first symbol.

G U D D

& 8 8 8

7 L 7 7

@ @ @ @

► A jumble of dates, or do you have a handle on it?

What date are we looking for?

1. If the day after tomorrow is New Year's Day, which date was the day before yesterday?

Dec. 26 Dec. 27 Dec. 28 Dec. 29 Dec. 30

2. Your probation period ends 100 days after your first workday. Your first workday was on the 14th day. The 187th day is a Friday. On which day of the week does your probation period end?

Mon. Tue. Wed. Thu. Fri. Sat. Sun.

► Do you think outside the box?

Find the correct relative according to the following information?

This woman's son is my father's brother. Who is the woman?

Grandmother

Sister

Aunt

Mother

► How about this classical logic puzzle?

Fill in the blank boxes on this sudoku so that each of the nine rows, columns, and blocks has just one of the numbers 1 to 9.

Tip: More sudoku can be found at www.websudoku.com

	1			8			4	3
	9	8		3		1		
			1					9
4		9	2	1			5	
1			7	9	5			4
	2			4	3	9		8
3					1			
		1		7			6	2
	6			2	9		3	

The answers to the puzzles can be found on the internet at www.creapure.com