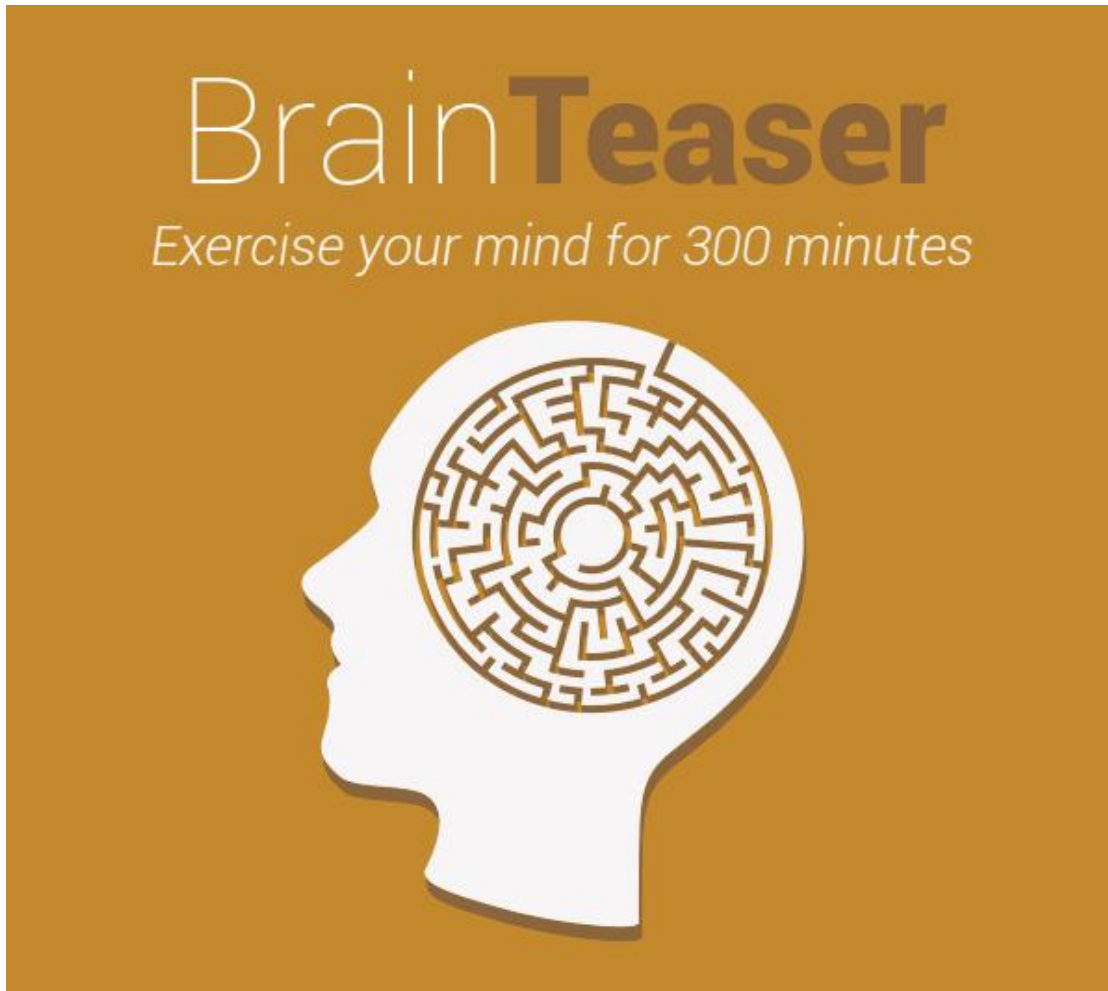


# August Wellness Challenge

Remember to track your progress on your Living Well Tracking Sheet!



The Brain Teaser Challenge invites you to play brain teasers for 300 minutes over the next 30 days, or an average of 10 minutes a day. Some examples include crossword puzzles, word searches, Sudoku, and memory games. You can choose any brain teaser you like. Today there are even mobile apps with games and puzzles specifically designed to increase your brain's capacity. The idea is to exercise your mind which, just like a muscle, becomes stronger with use.

While many consider games to be simply entertainment, puzzle games can increase the brain's ability to learn. Puzzles, letter games, and other brain teasers help you develop your logic skills and recognize patterns, which can help you solve life's daily challenges. Some puzzles improve spelling and language skills. Others increase your ability to concentrate or be creative. Not only will exercising your brain make you smarter and more effective today; it will also help prevent decline in your cognitive abilities as you age.