



Article Side

Brain Games: How to Keep Your Brain in Great Shape by [Diede School](#)

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When people talk about wanting to stay fit, they usually think about everything from the neck down flat stomach, toned arms, healthy heart. "Staying fit" now means "looking fit", even though look The Rock doesn't guarantee that you're healthy overall. Not a lot of people think about the only part of the body that stands between the world and a zombie apocalypse: the brain.

There's no doubt that the brain is one of the most important parts of the body. Your body knows this too, which is why it employs a state-of-the-art security system for your brain thick skull, cushion-like membranes, the works. Over time, though, your brain ages and, if perpetually inactive, can atrophy just like any other muscle. Taking good care of your brain prevents neurological deterioration that leads to diseases like Alzheimer's and Parkinson's.

There are easy and simple ways to maintain brain health. Your brain needs a lot of energy and nutrition, which is why it uses up a significant amount of these from your body. Therefore, you should adopt a healthy diet that will help your brain become more active and alert.

You've probably heard of the expression, "If you snooze, you lose," but in terms of brain health, good sleep is a winning strategy to reduce stress levels and boost the production of new brain cells. Sufficient rest also improves other brain functions such as memory, concentration, and your outlook on life. Good diet and adequate sleep helps your brain perform at its maximum potential.

Attending to your brain's physical needs isn't enough. An idle brain deteriorates and loses cells, so like any other muscle, it needs to be used and challenged so it can grow bigger and better. Games for brain stimulation are a good way to keep your brain active and ensure that it is in good shape.

Stimulating your brain doesn't have to be boring, too. Funny brain teasers can produce results while allowing you to have fun new and exciting games can even make you look forward to playing them, making the outcome that much better. Continuously ramping up the complexity of the games has positive effects on brain functions such as memory, flexibility, thinking speed, and problem-solving.

There are a lot of websites that have brain teasers for kids and adults you can play these brain games when you need to pass the time, and this comes with the bonus of keeping your brain in great shape. For more information, you can visit BrainHealthHacks.com or ALZ.org.

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