

## Examples of Mental Fitness Websites

**<http://www.brainwaves.com> activities include:** Addlocks, Alphabetics, Ana-games, Anase-arches, Digi-clues, Numberlockers\_These exercises are intriguing challenges formatted as puzzles. They are designed to help develop mental skills in two ways: First, they will help you to build mental stamina for sustained concentration, much as aerobics builds physical stamina for sustained exertion. The ability to focus attention is an essential first step for conscious memory. Second, the exercises introduce, in an entertaining format, so many different kinds of data — math, verbal, spatial, logic, etc. — that some of it is bound to be new to you. That new data — and more important, the experience you gain in how to organize data so you can locate a solution — will build links among your brain cells that, later, can help you learn new data and spot the most effective pattern to cope with it.

**<http://www.braingle.com> activities include:** BrainTeasers - Riddles, puzzles, logic problems and other enigmas to entangle the mind.\_Trivia - Take fun and interesting quizzes on a wide range of topics.\_Mentalrobics- Exercises and tips for improving memory, creativity, vocabulary and stress management.\_Games -Dozens of free online games to play in your browser with other players

**<http://www.gamesforthebrain.com> – activities include:**\_Dragger, Counterfeit, Guess the Colors, Rotate, Rotate 2, Chinese Checkers, Colored Lines, Masterpieces, Mastercards, Sudoku, Reversi, Mastermind, TwinCol, NumberHunt, MineHunter, Crime Scene, Mahjongg Solitaire, The Image Quiz, Guess the Flag, Marsmoney, Memocoly, Checkers, and Chess

**<http://thinks.com> activities include:** Daily Chess Puzzles, Daily Codebreaker, Daily Comic Strip, Daily Crossword, Daily Sudoku, Daily Jigsaw, Daily Wordsearch, Brainteasers, Crossword Central, Jigsaw Jamboree, Puzzle Parade, Terrific Trivia, and Word Search Wizardry

**<http://www.puzz.com> activities include:**\_IQ Tests, Brain Teasers, Daily Puzzles, Trivia IQ Tests, Riddles and Riddle IQ Tests, Sudoko Puzzles, Crossword Puzzles, Cryptograms, Cryptoquotes, and Cryptoquips