

Examples of Books and Exercises

Aerobics of the Mind: Keeping the Mind Active in Aging + Mental Fitness Cards by Marge Engelman_ Aerobics of the Mind is filled with groundbreaking exercises that will stimulate conversation, participation, teamwork and cohesiveness. Group leaders can use Aerobics of the Mind as a guide for activities in a variety of settings and situations. Many of the activities are open-ended and lend themselves to innovation and exploration. The book includes sections on the physiological aspects of the brain and exercises and activities that specifically focus on improving short and long-term memory._Using the program’s set of cards and instruction booklet, individuals or small groups can keep their minds active with exercises that are both stimulating and fun. The cards are divided into twelve categories such as words, puzzles, numbers, etc. that are designed to stimulate and challenge creative abilities with emphasis on thinking skills and mental fitness.

- **Keep Your Brain Alive** by Lawrence C. Katz and Manning Rubin_This little book introduces “neurobics”, a unique brain exercise program based on the latest neuroscience research. The author, a professor of neurobiology at Duke University Medical Center, maintains that these deceptively simple exercises help stimulate the production of nutrients that grow brain cells, keeping the brain younger and stronger. Neurobics, which is not only for older adults, uses the five senses in unexpected ways and shakes up everyday routines. The exercises are offbeat and fun - and can be done anywhere at any time.