



Simple brain workouts can improve your memory, problem solving ability and reaction time; heighten your focus and attention span and reduce your stress levels. Try these simple exercises below to begin your brain exercise routine.

1. Find the C below. Please do not use any cursor help.

OOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOO
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 OOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOO

2. Now find the 6 below.

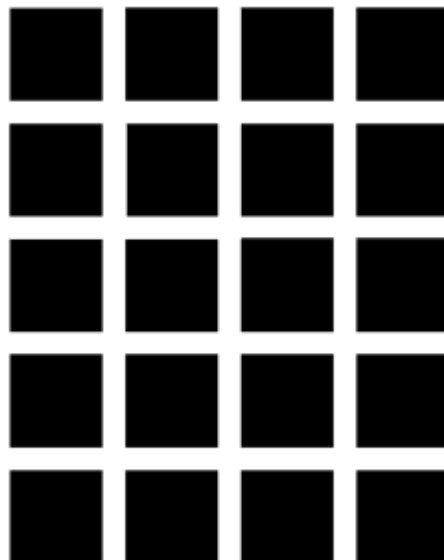
99
 99
 99
 6999
 99
 99

3. Now find the N below. It's a little more difficult.

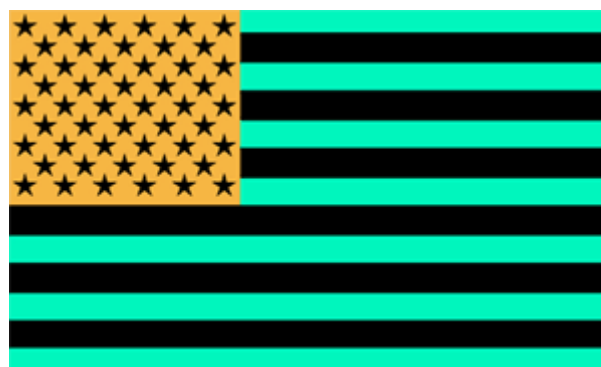
MMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMNMM
 MMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMM
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7H15 M3554G3 53RV35 7O PROV3 HOW OUR M1ND5 C4N D0
4M4Z1NG 7H1NG5! 1MPR3551V3 7H1NG5! 1N 7H3 B3G1NN1NG
17 WA5 H4RD BU7 N0W, ON 7H15 LIN3 YOUR M1ND 1S R34D1NG
17 4U70M471C4LLY W17H0U7 3V3N 7H1NK1NG 4B0U7 17, B3
PROUD! ONLY C34R741N P30PL3 C4N R3AD 7H15. R3 P057 1F U
C4N R35D 7H15

Small grey dots should appear at the intersections of the squares, but if you look directly at the intersection, the grey dots will disappear.



Look at the centre of the image for about 30 seconds. Then quickly shift your gaze to somewhere with a white background. You should see an afterimage of the US flag with the correct colours on the white background! This happens because your eye reverses the colours in afterimages.





Learning a new language can at first appear daunting. If you learn just 20 key words or phrases each day, you will be surprised how quickly you begin to pick the new language up. Here are your first 20 to get you started, do this as part of your daily brain workout.

English



Spanish



French



Monday	Lunes	Lundi
Tuesday	Martes	Mardi
Wednesday	Miércoles	Mercredi
Thursday	Jueves	Jeudi
Friday	Viernes	Vendredi
Saturday	Sábado	Samedi
Sunday	Domingo	Dimanche
Spring	Primavera	Printemps
Summer	Verano	Été
Autumn	Otoño	Automne
Winter	Invierno	Hiver
Good Morning	Buenos Días	Bonjour (also used in the afternoon)
Good Evening	Buenas Tardes	Bonsoir (After 06:00pm)
Good Night	Buenas noches	Bonne nuit
Welcome (to greet someone)	Bienvenido	Bienvenue
Good Bye	Adiós	Au revoir
Today/Now	Hoy/Ahora	Aujourd'hui/Maintenant
Tomorrow	Mañana	Demain
Yesterday	Ayer	Hier
My Name Is	Me llamo ...	Je m'appelle ...