The Expert Says-Summer 2013

Doing brain exercises on the computer is just one part of a healthy lifestyle, say DaisyBrains.com cofounders Claire Herring and Gemma Brooks.

June 5, 2013 By Kate Ferguson

What exactly is brain training?
Simply explained, brain training is the ability of the brain to change and modify neuron (a specialized nerve cell) activity and connections in response to increased demands we make when learning new skills.

In what ways can people exercise their brains besides challenging themselves with computer games?
Any changes or novel experiences are good for the brain. For example, next week, try driving home from work a different way. Also, experiment with new forms of exercise, or call a friend you haven't spoken with in years.

What everyday activities are good to build cognitive abilities and skills in different areas of your life?
Increasing your level of physical activity is one of the best things you can do for your brain. Also, spend time interacting with people. Studies show that staying socially connected is one of the basic components of cognitive health. Join a book club or a professional association, or become a volunteer.

© 2026 Smart + Strong All Rights Reserved.
http://beta.docker.realhealthmag.com/article/expert-says-summer2013-24043-5939