



WARM UP WITH SIMPLE MATHS -
STIMULATE YOUR FRONTAL CORTEX!

| | | | |
|-----------------|----------------------|----------------|----------------------|
| $2 \times 6 =$ | <input type="text"/> | $6 \times 2 =$ | <input type="text"/> |
| $48 \div 8 =$ | <input type="text"/> | $5 + 11 =$ | <input type="text"/> |
| $54 \div 9 =$ | <input type="text"/> | $1 + 3 =$ | <input type="text"/> |
| $4 \times 8 =$ | <input type="text"/> | $4 \div 1 =$ | <input type="text"/> |
| $6 + 2 =$ | <input type="text"/> | $4 \times 0 =$ | <input type="text"/> |
| $4 \div 4 =$ | <input type="text"/> | $2 \times 7 =$ | <input type="text"/> |
| $9 + 1 =$ | <input type="text"/> | $12 + 1 =$ | <input type="text"/> |
| $72 \div 8 =$ | <input type="text"/> | $8 - 4 =$ | <input type="text"/> |
| $12 \div 6 =$ | <input type="text"/> | $5 \times 8 =$ | <input type="text"/> |
| $13 + 7 =$ | <input type="text"/> | $18 \div 3 =$ | <input type="text"/> |
| $13 \times 3 =$ | <input type="text"/> | $8 \times 2 =$ | <input type="text"/> |
| $9 \times 1 =$ | <input type="text"/> | $14 + 7 =$ | <input type="text"/> |
| $2 \times 3 =$ | <input type="text"/> | $9 - 38 =$ | <input type="text"/> |

WARM UP YOUR CREATIVE & SPATIAL SIDE!
LET'S DRAW FROM MEMORY

DRAW A CAR

NOW, DRAW IT UPSIDE DOWN...

TURN IT OVER AND SEE WHAT IT
LOOKS LIKE... NOT TOO EASY IS IT?

Now that you've warmed up, let's cross-train your brain!

Imagine you're in India

You're walking through a market in Delhi
What does the air smell like?
What sounds do you hear?
What do you see ahead of you.
You feel someone at your side. Turn and look.
What does this person look like?
You're carrying a bag. Look into it. What is there?

Some New Words:

Ingenious: Inventive and Clever
Ingenuous: Innocent, Sincere.
Disingenuous: Cunning, Insincere
Indigenous: Native to an area.
Indigent: Needy or Poor
Indignant: Annoyed at perceived unfair treatment.

Sequence it:

Roman Numeral Edition!

$XII \div III \times II + IV \div VI - IV =$

$IX - II \times III \div VII \times IV \div III =$

(I = 1, IV = 4, V = 5, IX = 9, X = 10)

Total Recall

How many cabinet doors in your kitchen?
How many windows in your kitchen?
How many ovens? How many sink basins?
How many different types of mustard do you have?
That's a lot of mustard.

Quick!

What year did you first get married?

Imagine:

You're walking. It is cold and there's snow on the ground.
Listen to what sound your feet make in the snow. What other sounds do you hear. Stop and look at your breath - can you see the water vapor? Rub your hands together - can you feel them getting warmer?

Sequence it: Full Word Edition!

Seven plus Three times Two plus Four divided by Six minus Four plus One =

Nine minus Two times Three divided by Seven times Four minus three =

Now, that wasn't so hard, was it?

(ahem... it wasn't supposed to be!)

That probably took you 10 minutes if you did it all. You can spend a lot more time on much harder puzzles.

But that's not the point of BrainReady.

Consider this analogy:

A hard Puzzle is like a brain bench-press. Or moving a sofa. You need to be in shape and if you're not, you get stressed out and might even get hurt (or at least frustrated).

BrainReady BrainFlex is more like cardio exercise, or working with hand weights: It's meant to turn back the clock on aging, build long term strength and fitness, if you do it every day.

We hope you'll fight brain aging every day with our BrainReady BrainFlex worksheets. And don't forget to download our free weekly audio BrainCasts at www.brainready.com which let you exercise your brain while driving your car or even jogging!

Have you been trying out your new language words? Chances are, your neighbors or co-workers know these languages, even if only learned in school. Try them out!

Lunch!

Mittagessen (MIT-tah-GESS-enn) - German

Déjeuner (DAY-june-AY) - French

Almuerzo (Al-moo-WHERE-zoh) - Spanish

Hirogohan (Hee-row-go-hon) - Japanese

Answers from Page 1

For me, I just think of that Cairo scene in
Raiders of the Lost Ark - I know it's not Delhi.

In the bag is a live chicken.

SEE YOU TOMORROW!

Download more free BrainReady™ exercises & much more at:

www.BrainReady.com



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