



WARMUP YOUR CREATIVE & SPATIAL SIDE!

DRAW A FIRE TRUCK

DRAW A CEMENT MIXER

WARMUP WITH SIMPLE MATHS - STIMULATE YOUR FRONTAL CORTEX!

$13 \times 1 =$	<input type="text"/>	$14 - 7 =$	<input type="text"/>
$8 + 1 =$	<input type="text"/>	$16 \div 8 =$	<input type="text"/>
$3 - 1 =$	<input type="text"/>	$2 + 8 =$	<input type="text"/>
$9 + 2 =$	<input type="text"/>	$3 + 8 =$	<input type="text"/>
$7 \times 2 =$	<input type="text"/>	$9 + 9 =$	<input type="text"/>
$4 + 2 =$	<input type="text"/>	$1 \times 9 =$	<input type="text"/>
$3 \times 3 =$	<input type="text"/>	$5 + 9 =$	<input type="text"/>
$3 + 3 =$	<input type="text"/>	$12 - 8 =$	<input type="text"/>
$11 \times 4 =$	<input type="text"/>	$7 - 7 =$	<input type="text"/>
$53 + 4 =$	<input type="text"/>	$4 + 6 =$	<input type="text"/>
$6 - 5 =$	<input type="text"/>	$9 \times 5 =$	<input type="text"/>
$6 \div 6 =$	<input type="text"/>	$8 \times 4 =$	<input type="text"/>
$5 \times 6 =$	<input type="text"/>	$1 - 0 =$	<input type="text"/>

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

Sequence it:

$2 + 4 - 5 + 7 - 3 + 8 - 1 + 5 =$

$4 + 6 - 3 + 6 - 2 + 8 - 3 + 5 =$

$20 - 6 + 4 - 7 + 2 - 6 + 3 - 9 =$

$16 - 2 + 5 - 9 + 3 - 7 + 3 - 8 =$

Total Recall

Do you recall the first house you ever saw being built? Was it your own? Think about the workmen. Did they talk to you? What was the weather like?

Do you recall the first building you ever saw being demolished? Was that in-person or on TV/film?

Some New Words:

Prototype: First model/version of a device

Protozoan: Single Celled Animal, like an Amoeba.

Proteus: A Greek god who could tell the future but would always change the subject by changing form, which leads to:

Protean: Versatile, able to change easily.

Visualize a piece of wood

A board, around a foot long. Feel it in your hand. Is the wood rough, sanded, or varnished? Look at the grain of the wood. Is it broad or fine? Is there a knothole?

Knock on the wood - hear the sound. Is it hollow or solid sounding? Drop it on the ground - what did that sound like?

Imagine a house

This is your dream home. Walk up to the front door and open it. What do you see at first? Walk in and turn slowly in a circle, looking all around. Walk into the next room, and turn slowly around, picking out all of the details!

QUICK!

How many months til your birthday?

CodeBreaker: Decode the message using the key!

3 10 2 7 11 4 12 4 8 8 6 9 12 5 1 7 11 8 4 11

KEY: 1=M 2=U 3=Y 4=E 5=S 6=I 7=A 8=T 9=N 10=O 11=R 12=G

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!

Now, here's how to ask "Who?" several ways:

Who?

Wer? (Vehr?) - German

Qui? (Key?) - French

¿Quien? (Key-ENN?) - Spanish

Dare Ka? (Dah-Lay-Kah?) - Japanese

Answers from Page 1

As I walk through, I hear "Moments In Love"
by the Art of Noise playing.
What's your soundtrack?

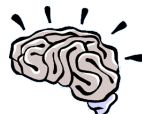
The Greeks had some fantastic Gods.

As I write this, mere DAYS to my B-Day.

SEE YOU TOMORROW!

Download more free BrainReady™ exercises & much more at:

www.BrainReady.com



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