

# Maintain memory and cognitive ability when you get old with 4 simple exercises

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Practice writing two hands at the same time, trying to reflect on colorful texts or numerical tables are helpful exercises for the brain. Join us in 4 simple exercises that help maintain memory and cognitive abilities when you get old!

1. What will happen in the body when we shoot guns?
2. Why should we spend time writing every day?
3. 4 effects of alcohol on the brain that many people do not know

Regular exercise helps us to maintain a balanced body, a good state and repel negative changes related to old age. This applies to all organs in the body, including the brain.

On the Bright Side page reveals **four simple exercises that help maintain brain and cognitive ability as the age increases** . Invite you to consult!

## 1. Colorful text

Yellow, black, red, green  
Blue, red, yellow, black  
Black, yellow, red, green  
Red, black, green, blue  
Blue, green, yellow, red  
Yellow, red, black, red

Before making a list of words written in different colors. Begin with the top word, continue reading the name of the color corresponding to each word written ( *eg Yellow word - yellow meaning in English - is highlighted in blue* ). When writing to the last word, read in reverse order. Initially the reading speed may be quite slow because when the parts responsible for text perception and color perception are located in different hemispheres.

1. **Useful effects** : Helps prevent Alzheimer's disease - dementia is common in the elderly, by establishing new connections between hemispheres / improving concentration intensity and ability to switch attention.

## 2. Schulte table

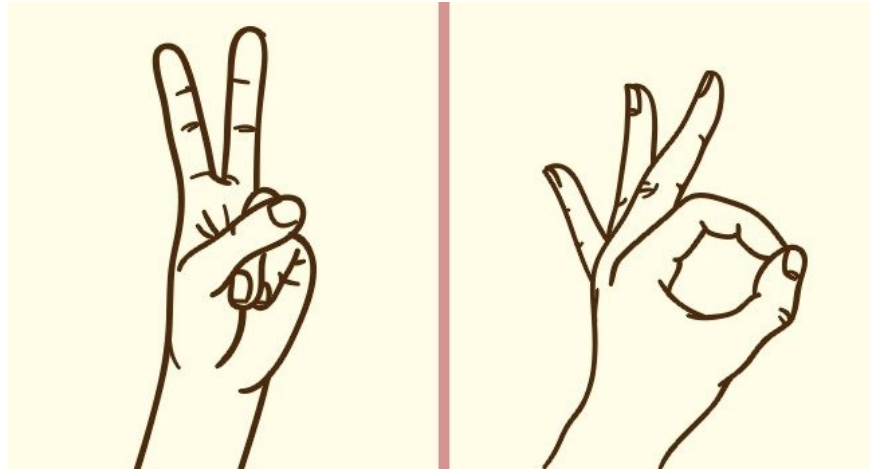
17	9	24	25	12
8	6	1	15	7
23	21	19	3	11
20	13	4	16	5
2	14	10	18	22

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Start by focusing your attention on the number 19 in the middle of the table. Your next goal is to find the number 1 and all the remaining numbers in ascending order, paying close attention. Then remember and redraw your own table ( *don't forget to arrange the numbers in the box in random order* ). In addition, you can search for other Shulte tables on the Internet.

1. **Useful effects** : Enhance the ability to receive and process information speed, while developing peripheral vision.

## 3. Finger gestures

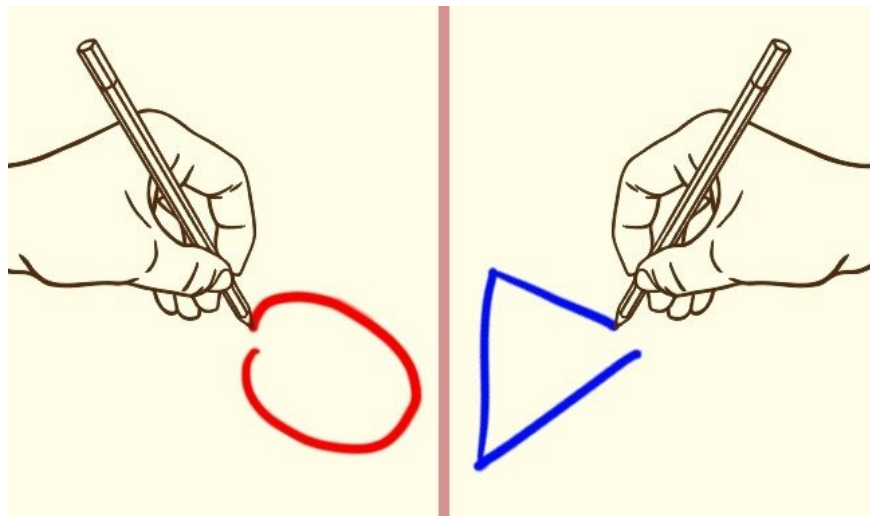


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Arrange the right fingers to create the symbol " V " - the peace symbol, and create an " OK " with your left fingers. Then change back. Repeat several times and then perform with both hands at the same time.

1. **Useful effects** : Focus attention and develop the ability to quickly switch from one task to another.

#### 4. Write two hands at the same time



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For this exercise, you will need two sheets of paper and a pair of easy-to-use writing utensils. When everything is ready, draw the geometry with both hands at the same time. You can also write letters or words with the same number of characters for both hands.

1. **Useful effects** : Text synchronization helps the brain simultaneously handle many tasks, thus stimulating the activities of both hemispheres.

#### Some additional tips:

Well-known neurologist **Lawrence Katz** developed a system of exercises to help the brain maintain its functions when it gets old. Here are some tips in his book:

1. Try to perform familiar daily activities such as brushing your teeth or combing your hair without consent.
2. While bathing or performing fixed daily activities, try doing everything with your eyes closed.
3. Regularly change the routes you go to work, go to shops, or to other common destinations.
4. While watching a movie, try turning off the sound and relying on the actor's gestures and mouths to guess what they are saying.

See also: 20 interesting facts about EYES may not be known

Having fun!

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