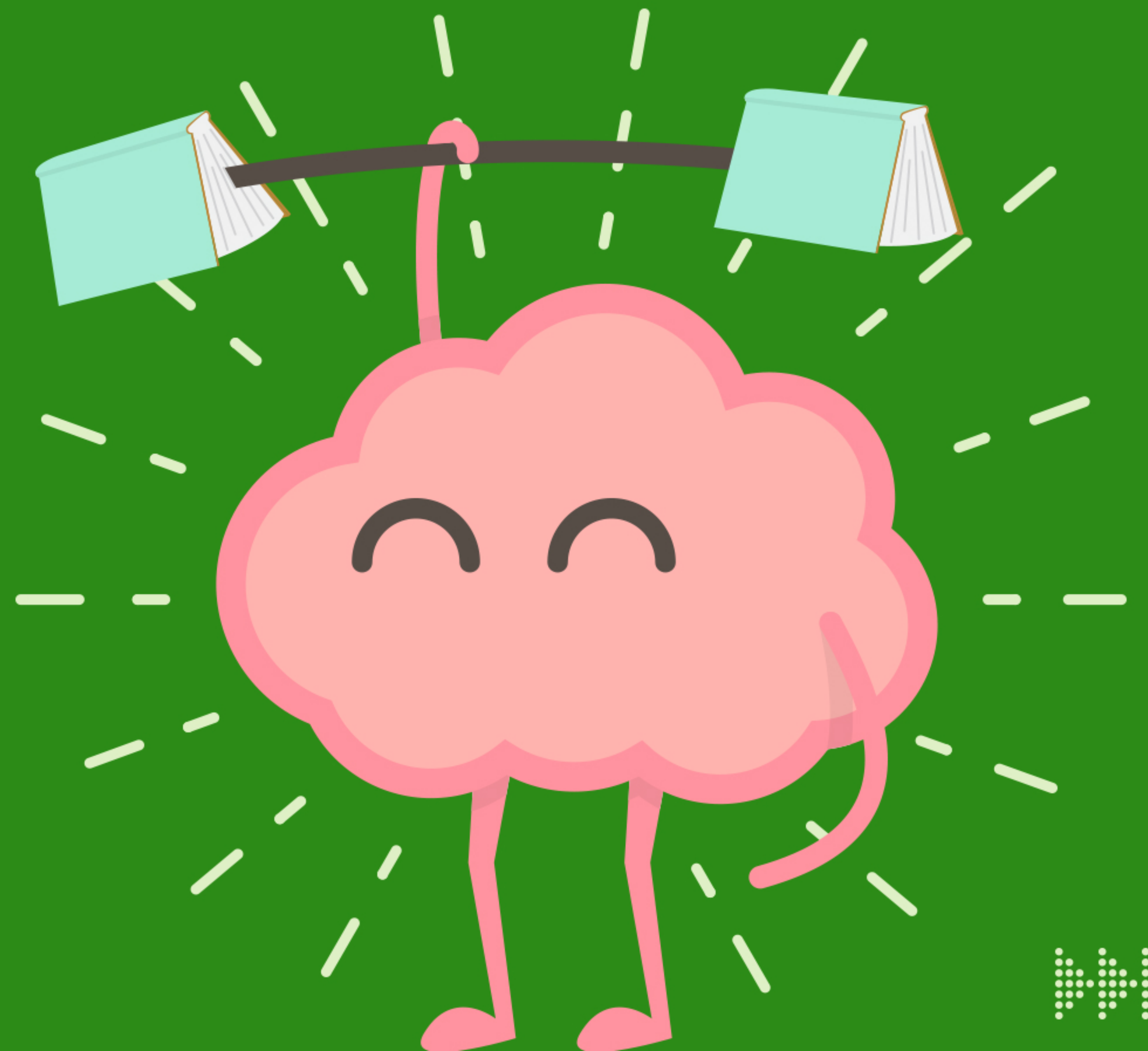
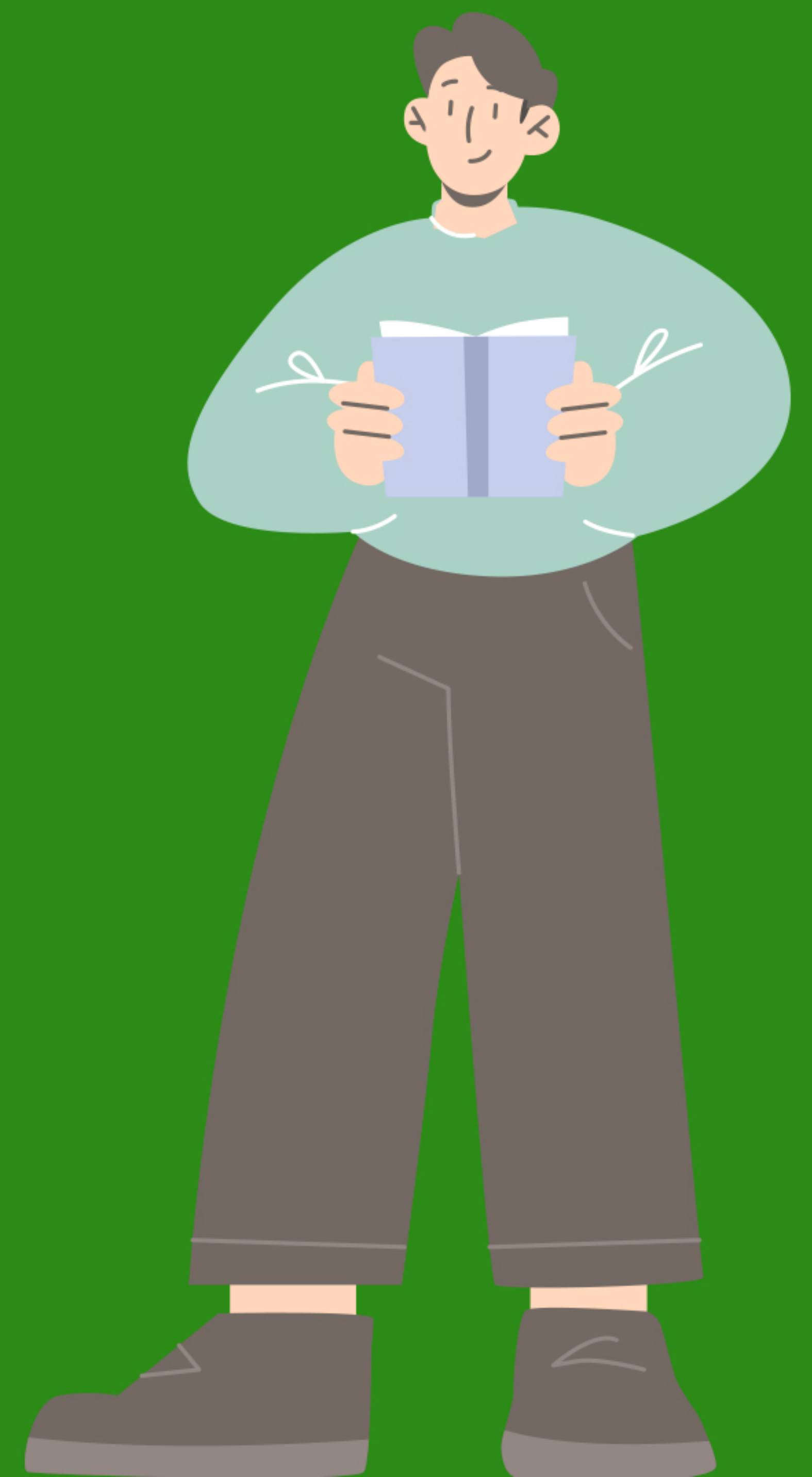


Easy brain exercises to  
boost memory and  
cognitive function.



## Read out loud

Reading aloud helps anchor words, thereby improving long-term memory and vocabulary, no matter your age.



## Refine your hand-eye coordination.

Take up a new hobby that requires hand-eye coordination. It could be anything, from playing video games, knitting, painting to a racquet sport.



## Test your recall

Make a list of anything, memorise it and try to recall an hour or so later. For greater mental stimulation make the list as challenging as possible



## Do math in your head

Mental math keeps our brains quick and sharp. To make it more challenging try calculating while you're doing something else, like cooking or walking.



## Test your taste buds

Improve your cognitive skills by trying to identify ingredients in your meal while you're eating. Start small and move towards figuring out the herbs and spices in your dish.



## Solve a crossword puzzle

By improving your ability to find words, crosswords boost memory and retention. Moreover, it also helps relieve stress by making you relax.



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