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Why It's Important to Keep the Brain Healthy with Games and Exercises [Diede School](#)

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Brain diseases like Parkinson's and Alzheimer's are very serious illnesses that can affect a lot of people. More than 5.3 million Americans suffer from Alzheimer's. Scientists say that by 2050, there would be a million more every year. This is a sad projection, knowing how steps can be taken to prevent these illnesses.

The brain is similar to the other muscles in the body; exercise keeps it fit and functioning well. Muscles grow and become stronger when used and stimulated, but can deteriorate and experience atrophy when neglected. The same can be said for the brain, which is why it is important to stimulate it as often as possible. A deteriorating brain is the perfect breeding ground for neurological illnesses such as Parkinson's and Alzheimer's.

There are a lot of ways for you to stimulate your mind. These activities are usually referred to as brain games because they are used to stimulate and challenge your brain to keep it active and alert. This is helpful, especially when you spend most of your days sitting in front of a computer screen, bored out of your mind.

Simple brain exercises are a good way to pass the time, too. One activity you can do right now while you're reading this is to switch the mouse to your other hand. By doing this, your brain will be forced to learn a new skill. This is the same as when you first learned how to tie your shoelaces.

Brain exercise games can also benefit your body. Research suggests that merely thinking about moving a muscle can help increase the muscle's strength as well as the brain's ability to focus. In an experiment in Cleveland, participants were asked to think about moving their pinky finger as hard as they could for twelve weeks. After the experiment, their pinky strength increased by up to 35%.

Brain improvement games don't have to be limited to your home either. Seeing new and varied objects, people, and places during travel stimulates the brain too. It all began with man's nomadic ancestors. Aside from travel, you can also challenge your brain with new activities such as yoga, chess, tai-chi, or even play-dough.

There are a lot of fun brain games that you can check out online, too, which would let you pass the time while you keep your brain healthy and disease-free. For more information, you can check out [BrainHealthHacks.com](#) or [BrainReady.com](#).

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