

Article

Exercise Your Long-Term Memory With Brain Games

Challenge your brain with three puzzles to stimulate active thinking.

By Jaclyn Moriarty

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Science is divided on the long-term benefits of “brain games” and long-term memory. Brain games are computer-based training programs designed to prevent cognitive decline. But one study, the Advanced Cognitive Training for Independent and Vital Elderly (ACTIVE) trial, suggests cognitive training that encourages problem-solving and learning has a lasting effect on the brain—even 10 years after training ends. In a 2014 study, the 2,832 participants who completed the training had less difficulty performing everyday tasks.

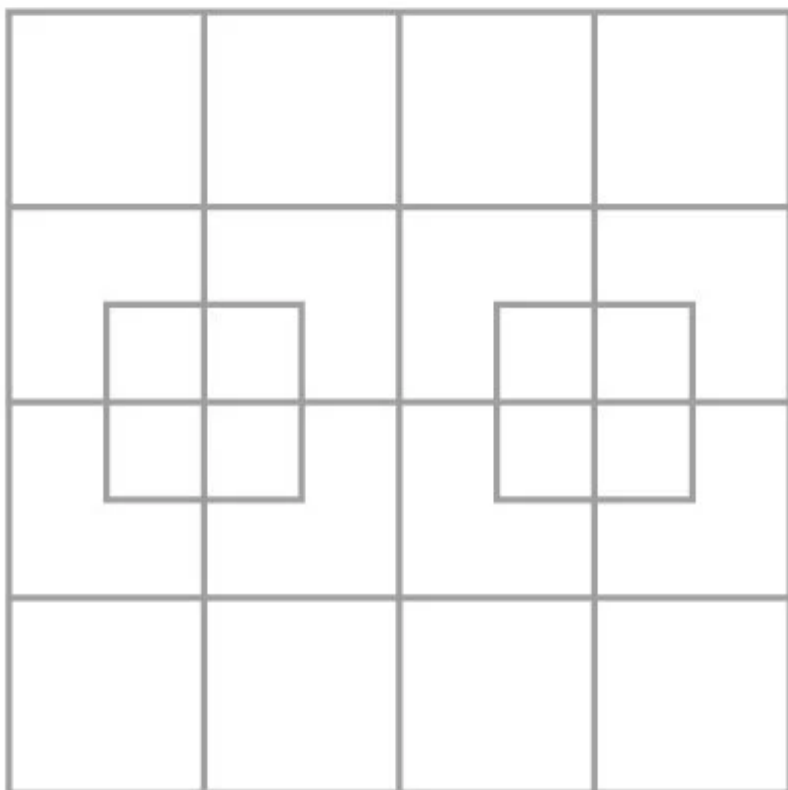
While research is not yet conclusive, the Alzheimer’s Association advocates keeping your brain active every day. Try these puzzles to inspire active thinking.

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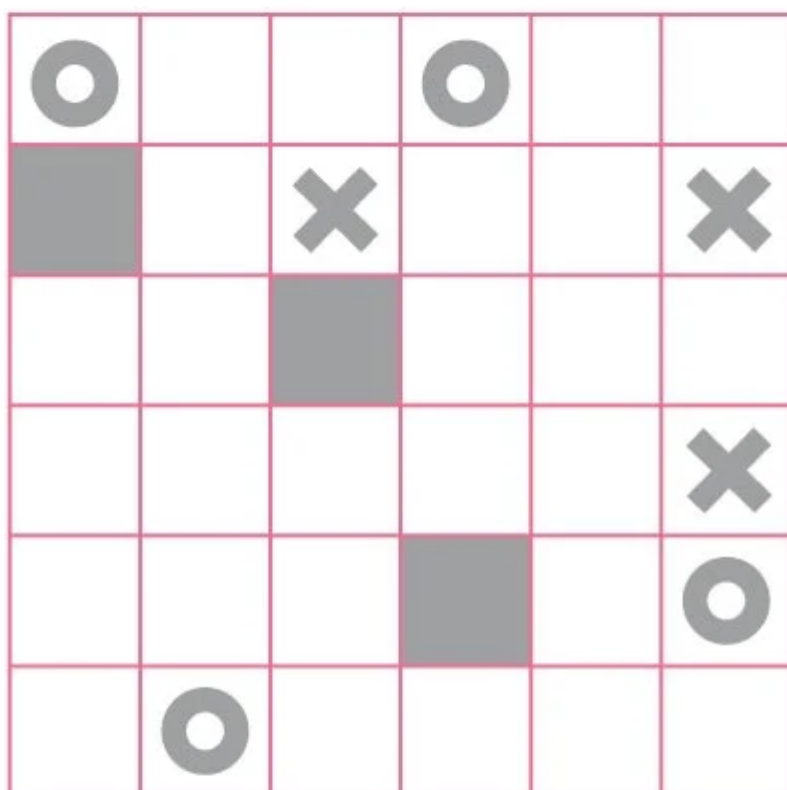
COUNTING SQUARES

How many squares are in the image below?



MARUPEKE PUZZLE

Fill in each empty cell with an X or an O. No more than two consecutive cells, either horizontally, vertically or diagonally, can contain the same symbol.



Use this space to work out the puzzle:

MATH PUZZLE

Solve the equation below.

$$\text{Maple} + \text{Maple} + \text{Maple} = 30$$

$$\text{Maple} + \text{Group of 3 leaves} + \text{Group of 3 leaves} = 18$$

$$\text{Group of 3 leaves} - \text{Maple} = 0$$

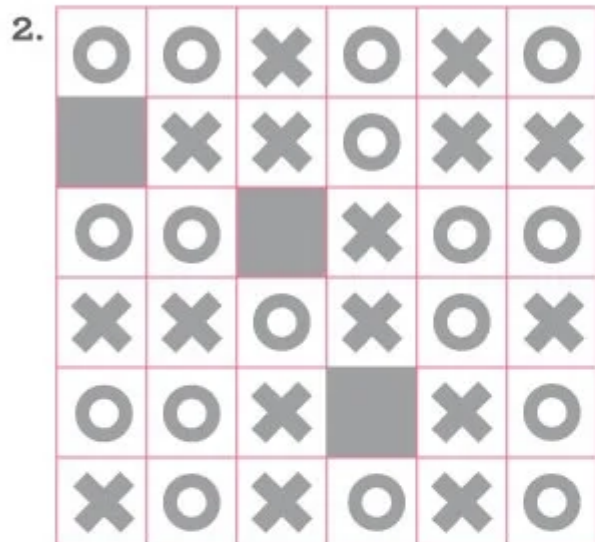
$$\text{Maple} + \text{Maple} + \text{Group of 2 leaves} = ?$$

Use this space to work out the puzzle:

HOW DID YOU DO?

Check your answers:

1. There are **40** squares.



3. **15**

human good

Understanding Long-Term Memory Loss

Memory care can be the key to getting loved ones the assistance they need—without placing the financial and emotional burden on one caregiver.

[DOWNLOAD THE GUIDE](#)

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