- *Carry a reminder or set your phone alarm.* Carry a wallet-sized card or set your phone alarm to remind you of the Alzheimer's Prevention Program exercises you are working on, whether it's *LOOK, SNAP, CONNECT,* names and faces, or a Sudoku puzzle.
- *Portion control.* Try splitting an entrée or a salad with a friend when dining at restaurants that serve oversized portions. If no one wants to share and you're trying to watch your weight, substitute an appetizer-sized dish for your entrée.
- *Surround yourself with healthy snacks.* Replace chocolates, donuts, and cookies with raisins, walnuts, and celery sticks. Keep a healthy energy bar (sugar should *not* be in the first three ingredients), not a candy bar, in your car, purse, or desk so you have it to snack on when you are feeling between-meal hunger pangs. Maintaining a steady stream of healthy nutrients to nourish your brain cells throughout the day is important to keeping them in optimal shape.

Bonus Brain Teasers

1. WORD-FINDING FUN. Locate and circle all the words listed below, which can be found in the following diagram reading forward, backward, up, down, and diagonally, but always in a straight line. For extra credit, see how many additional words of three or more letters you can find after you locate all the listed words.

|			
AMYLOID	TAU	MEMORY	HIPPOCAMPUS
STRESS	CARDIO	BEET	VASCULAR
LOOK	SNAP	SOY	CONNECT
BRAIN	TEASER	NUT	DENDRITE
CARB	OLIVE	OIL	YAM
OMEGA	KICK	LIME	LIFT
CURRY	REM	VINE	RUN

S	T	C	E	N	N	O	C	C	T	A
T	A	U	B	R	A	C	U	R	R	Y
R	A	L	U	C	S	A	V	I	N	E
E	S	O	Y	C	O	R	B	E	E	T
S	R	O	D	E	N	D	R	I	T	E
S	L	K	I	C	K	I	A	K	R	A
E	I	A	M	Y	L	O	I	D	N	S
R	F	O	M	E	G	A	N	O	N	E
T	T	R	E	M	M	S	S	A	O	R
S	U	P	M	A	C	O	P	P	I	H
S	N	Y	I	P	N	U	R	O	L	H
E	V	I	L	O	L	M	A	Y	P	O

2. MENTAL MAGIC. A memory expert throws a ball. The ball turns around 180 degrees mid-flight and returns to the memory expert. How did she do that?

3. TRIVIA KNOWLEDGE. Everyone knows that a bunch of cows is called a herd and that dogs bunch together in a pack, but what do you call a bunch of turtles?

4. SCRAMBLED LETTERS. See how many words of three letters or more you can write down, which include the letters below. (Each letter should be used only once in each word.) Set your timer for three minutes.
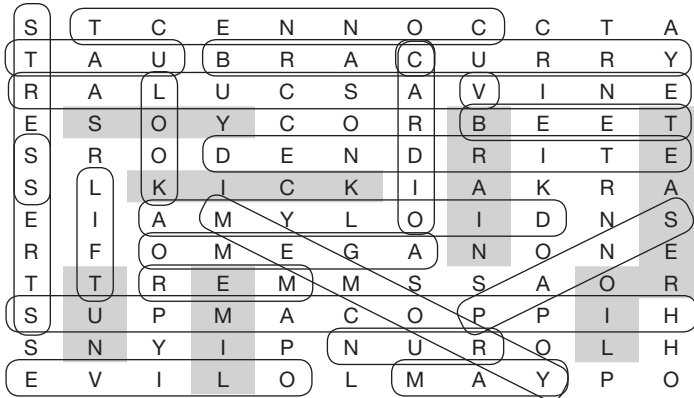
S   L   M   E   O   I   P

____ ____ ____ ____ ____ ____ ____

5. MOVING STICKS. Take away six of the sticks below to make ten.
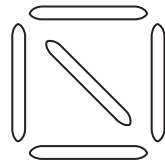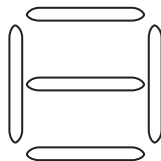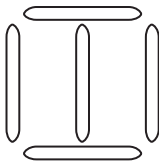
ANSWERS TO BONUS BRAIN GAMES AND TEASERS

1. **WORD-FINDING FUN.** (Some of the answers are circled and others are shaded.)

S	T	C	E	N	N	O	C	C	T	A
T	A	U	B	R	A	C	U	R	R	Y
R	A	L	U	C	S	A	V	I	N	E
E	S	O	Y	C	O	R	B	E	E	T
S	R	O	D	E	N	D	R	I	T	E
S	L	K	I	C	K	I	A	K	R	A
E	I	A	M	Y	L	O	I	D	N	S
R	F	O	M	E	G	A	N	O	N	E
T	T	R	E	M	M	S	S	A	O	R
S	U	P	M	A	C	O	P	P	I	H
S	N	Y	I	P	N	U	R	O	L	H
E	V	I	L	O	L	M	A	Y	P	O

2. **MENTAL MAGIC.** She threw the ball straight up in the air.

3. **TRIVIA KNOWLEDGE.** A bunch of turtles is a bale.

4. **SCRAMBLED LETTERS.** Here are the words I wrote down. You may have found others as well:

ELM, ELMS
LEI, LIE, LIES, LIME, LIMES, LIP, LIPS, LOP, LOPS, LOPE, LOPES
MILE, MILES, MOP, MOPS, MOPE, MOPES
OLE, OPE, OPES
POEM, POEMS, POLE, POLES
SLIM, SLIME, SLOP, SLOPE

5. **MOVING STICKS.** Take away six of the sticks below to make ten.