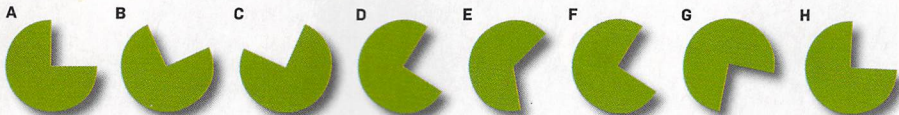


Flex your mental muscle

Mental exercise can reduce your risk of developing Alzheimer's disease and increase your brain's efficiency, says UCLA researcher Gary Small, M.D., author of *The Longevity Bible*. Try the challenges below and on the previous page, adapted from Dr. Small's book, to give your brain its workout for the day.

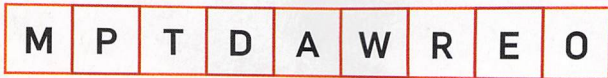
1. PAC-MAN FEVER

Figure out which object does not match the others. This puzzle works the right side of your brain, specifically your visual and spatial skills.



2. KIND-OF-LIKE-SCRABBLE

See how many words you can create from the letters below. Each word can't contain a repeated letter, but must contain the letter M. This puzzle exercises your language skills, which reside on the left side of your brain.



3. JUST PLAIN HARD

Add two lines to any of the shapes below to complete the sequence. This whole-brain puzzle improves your ability to solve problems.

