

3 What is it about?

You are going to read an article about your brain. The information in the article is from a book called 'Keep Your Brain Alive'. It's by an American scientist called Lawrence Katz. Katz gives examples of simple exercises to keep your brain young and healthy.

pace -noun



USE IT OR LOSE IT!

In this article in our series, Healthy Lifestyles, Sue Thompson looks at a new kind of exercise. You all know aerobics keeps your body fit - but now there's a new kind of aerobics to keep your brain fit, too! And you don't have to go to the gym to do it!

1. The old expression Healthy body, healthy mind is more important than ever nowadays. The pace of life is faster, so more and more people have started doing sports and aerobics classes to exercise their bodies and reduce stress. But research has shown it is also important to exercise your brain.

2. Scientists have discovered that some activities help the brain to change and grow. This makes the brain stronger and healthier, so it can work better. They call these activities neurobics aerobics of the brain. One example is reading upside down. Reading is a routine activity that we do with our eyes. But when we do it upside down, we use our sense of sight in a new and surprising way. We have to concentrate more on each word. This can be very annoying because it's more difficult and takes longer. But it causes a new emotion and this unexpected emotion in an everyday context also stimulates the brain, and so helps it to develop.

3. There are many simple neurobic exercises you can do. For example, opening the door when you get home is a routine activity. But if you look for your key and open the door with your eyes closed, it becomes neurobic because you use your sense of touch, not your sense of sight, and this makes the brain work harder. And try cleaning your teeth with your left hand, not your right, or vice versa. A right-handed person uses the left side of the brain to do this action. When you use your left hand, you use the right side of the brain, so it grows!

4. In his book, Dr. Katz says, 'Everyday life is the Neurobic Gym'. You can do neurobic exercises anywhere. So if you want to improve your memory, do well in exams and be more creative, do neurobics!



4.

Now think about the meaning of the highlighted words. Follow the instructions.

- Look at the words and phrases around the highlighted words.
- Decide if any of the highlighted words have a positive or negative meaning.

5.

Look back at the highlighted words in the article. Which ideas helped you most to guess the meanings of the words?

Dealing with new words

1. Decide what kind of word it is: a verb, a noun or an adjective.
2. Read the words around it to help you guess the meaning.
3. Decide if the word has a positive or a negative meaning.

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