

Neurobics *for* Brain Fitness

Routine activities can become so automatic that they are largely done unconsciously and require little brainpower. Neurobics are brain exercises that challenge us to break out of our routines and do things differently in ways that make us think. See what kind of neurobic activities you can come up with to increase your brainpower and have some fun too.

1. Involve one or more of your senses in a novel context.

Get dressed with your eyes closed.

Eat a meal with a friend but don't talk.

Write with your non-dominant hand.

What will you do today in this class to begin using neurobics?

2. Engage your attention. To stand out from the background of everyday activities something has to be unusual, fun, surprising, or evoke one of your basic emotions like happiness, love, or anger.

If you usually go to the movies on Friday night, go dancing.

If you generally go to Mexico on vacation, plan a trip to New York City.

If you generally study for finals alone, join a study group.

What kind of change could you make that will grab your attention?

3. Break a routine activity in an unexpected, novel way.

Take a new route to work.

Instead of driving to campus, take the bus.

Completely rearrange your room.

What routine activity will you change in the next 24 hours?

What could the students and instructor in this class do to create more neurobic activity?

Hold class outdoors.

If it is generally a lecture course, plan a student activity.

Invite a guest speaker.

Give three additional suggestions:
