

# 9 FINE ways to EXERCISE your NOODLE this summer

**Muscles** always benefit from exercise, and the same is true of that 6-7lb. mass of gray matter that lies between your ears, commonly known as your brain (or noodle). Though summertime is a great period of relaxation for kids, here are nine fine ways to keep that organ sharp throughout those off-school days.



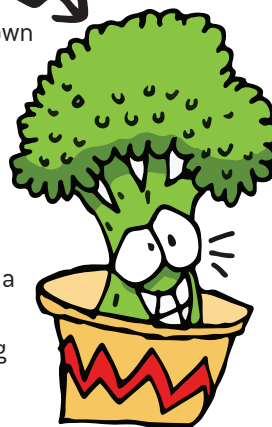
**1 Do something, anything, differently.** Try reading a book upside down, or brushing your teeth with your non-dominant hand, or walking backwards. Any activity that you normally don't engage in is using a new part of your brain.

**2 Juggle it.** It's easy enough to learn (there are lots of online and written resources), and once you figure it out, your brain is running in high gear. And, hey, it's fun.



**3 Move it.** It sounds simple, but just the act of getting up and hopping on one foot causes a lot of blood to flow through your brain, making it much stronger.

**4 Feed it.** Foods known to improve your cranial capacity include walnuts, blueberries, avocados, almonds, pumpkin seeds, and broccoli. (We know, ick! But maybe you can find a better tasting way to prepare it!) That is using your noodle.



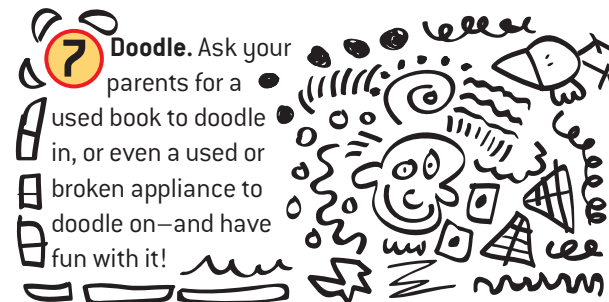
**5 Read it.** Pick up a book, find a comfortable place, and let it take you somewhere. It's what books are all about.



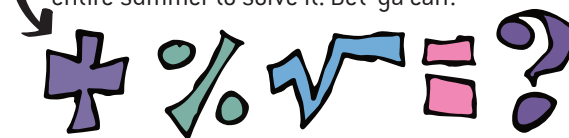
**6 Chalk It Up!** Take some sidewalk chalk, and lay out your own streets on a driveway or seldom-used parking lot for tricycles and bicycles. Don't forget the Stop signs!



**7 Doodle.** Ask your parents for a used book to doodle in, or even a used or broken appliance to doodle on—and have fun with it!



**8 Figure it out.** Choose a very difficult word or math problem, and allow yourself the entire summer to solve it. Bet 'ya can!



**9 Go somewhere.** Ask around and see if anyone is taking a day trip to someplace you've never been, and tag along; even if it's a short distance away. Just try to make it somewhere new and different.

