

# Isometric Exercise

Brain Warm-Up

This activity works your:  
**Hippocampus**



## Shoulder External Rotation:

Bend your right arm in front of your body, palm up. Hold your right wrist with your left hand. Try to push your right arm outward, while pulling back with your left arm. Try not to let either arm move. Push and pull both arms firmly in opposite directions. Hold for 5 seconds; reverse arms.



## Sitting Kicks:

Sit in a sturdy chair. Lift your foot, straightening your knee as much as possible. Try to keep your knees level, as if you were holding a tray on your lap. Hold for 5 seconds. Slowly lower your leg down and relax. Return to the starting position and repeat with opposite leg. Do each leg 3 times.



# Word Search

This activity works your:

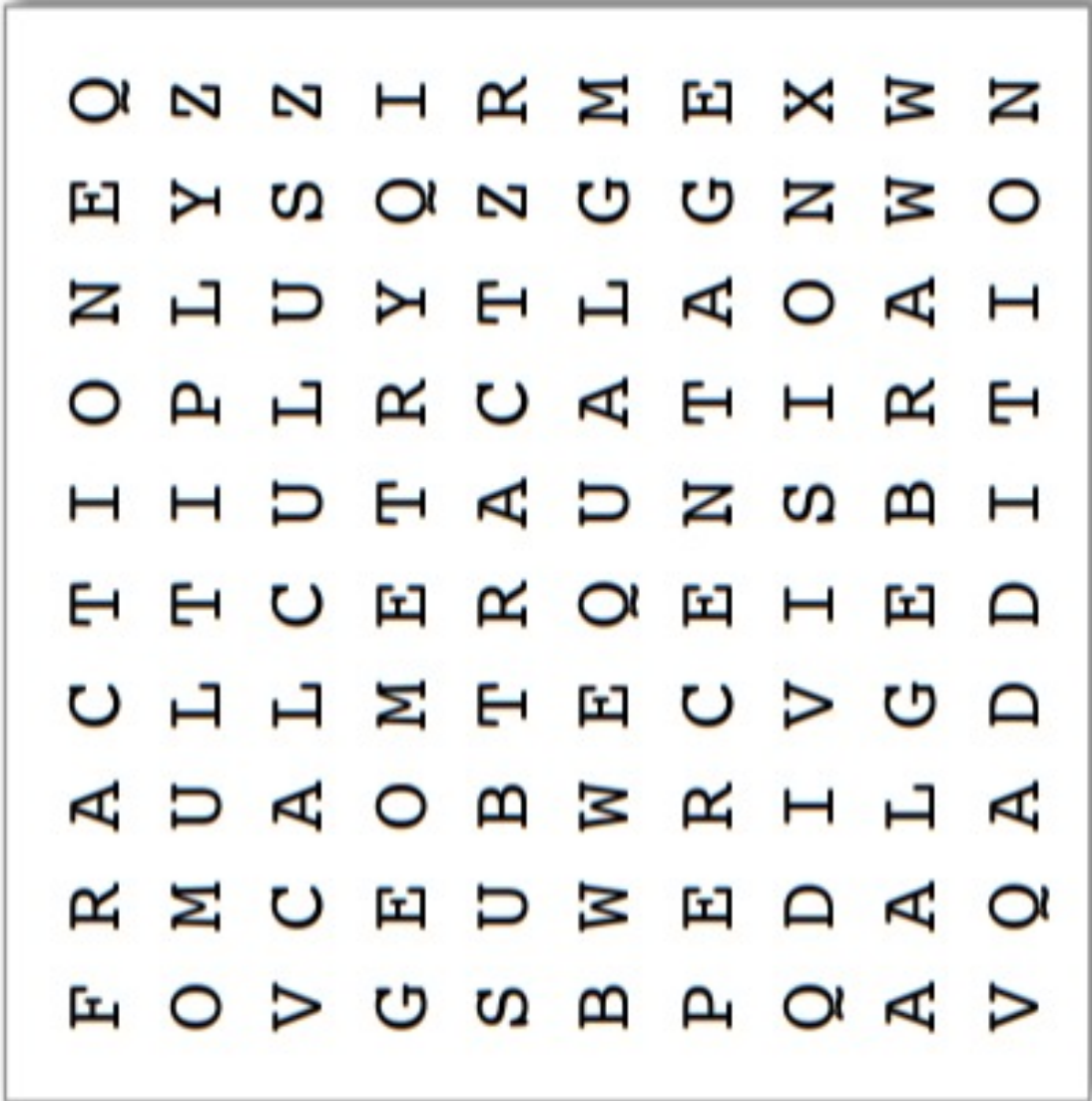
Frontal Lobe  
Temporal Lobe



## Searching for Mathematics

The words listed below can all be found horizontally in the puzzle.

- ADDITION
- ALGEBRA
- CALCULUS
- DIVISION
- EQUAL
- FRACTION
- GEOMETRY
- MULTIPLY
- PERCENTAGE
- SUBTRACT



# Word Generation

This activity works your:  
**Frontal Lobe**  
**Temporal Lobe**



List things that are Orange:

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



1. What is the bowling term for when all 10 pins are knocked down in one roll: a spare or a strike?
2. What radio program had the introductory words “Who knows what evil lurks in the hearts of men?”: Fibber McGee and Molly or The Shadow?
3. What comedy pair is famous for the “Who’s on first?” routine: George Burns and Gracie Allen or Abbott and Costello?
4. What state is known as the “Lone Star State”: Ohio or Texas?
5. Which word is a noun: gently or boat?
6. How many degrees are in a circle: 180 or 360?
7. Is C.O.D. the abbreviation for “cash on discount” or “cash on delivery”?
8. Which word is the international radio telephone distress signal: ten-four or mayday?
9. What actress starred in Spellbound: Jane Fonda or Ingrid Bergman?
10. Zoology is the study of what: rocks or animals?
11. What is the wettest state in the United States: Arizona or Hawaii?
12. Which is the capital of Egypt: Rome or Cairo?