



Hertfordshire

ageUK

Here if

you need us...

# Neurobic Exercise Guide



Registered Charity Number: 1116662

Date Created: February 2021

# Hello!



*Welcome to your neurobic exercise guide!*

*All you need is a pen and paper and you are on your way!*

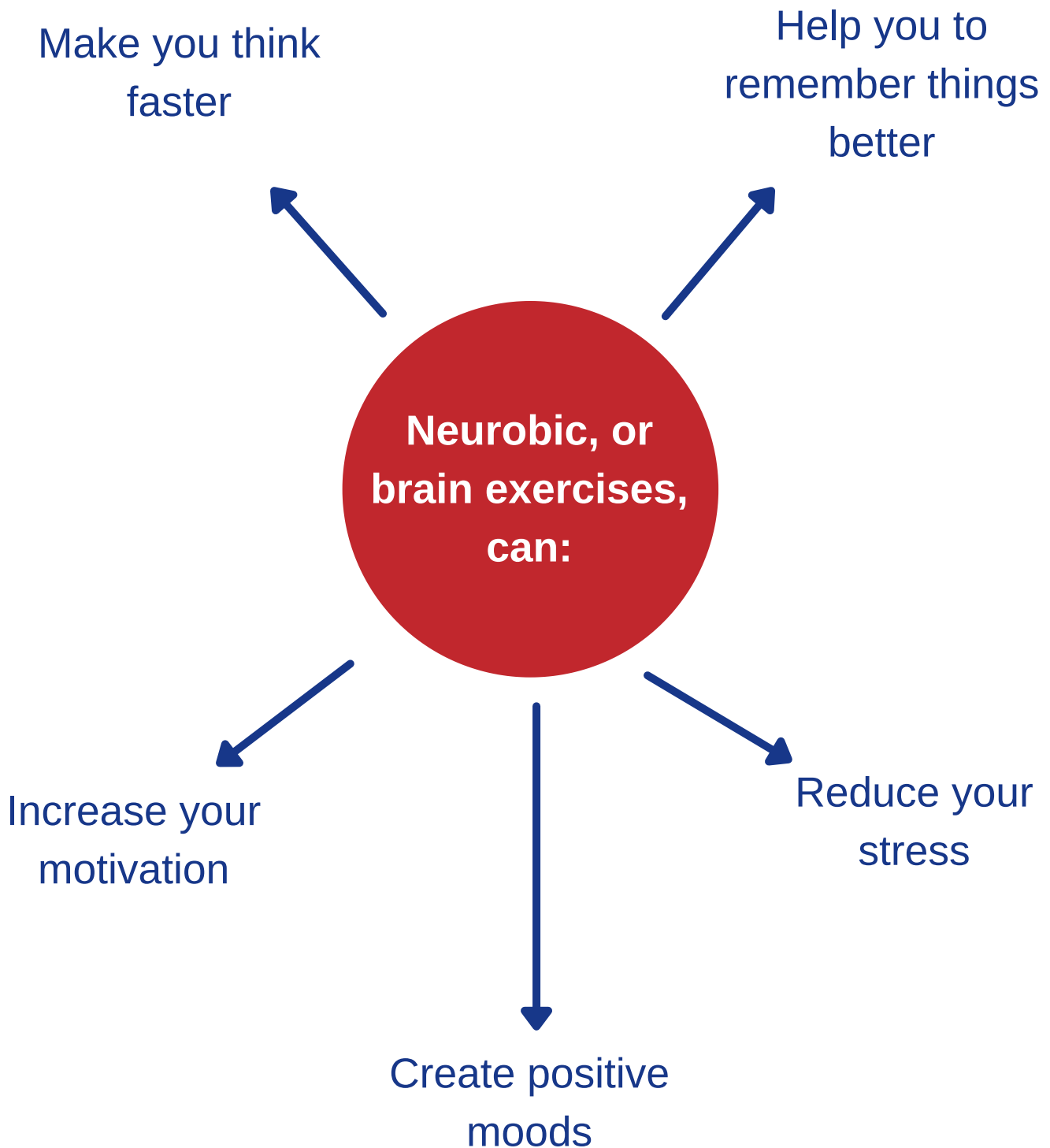
The contents of this guide on neurobic exercises have been provided by Gareth Rowlands, a campaigner for people living with memory loss. A resource booklet '*Our Brain Matters*' can be found on the opening page of his web site [www.battledementia.co.uk](http://www.battledementia.co.uk). If you would like to practice more similar exercises to this guide, please visit his website.

His resource '*Our Brain Matters*' is made up of a variety of different neurobic exercises, divided into chapters. Most of the exercises are graded starting with easy exercises leading on to more difficult ones.

It is suggested that carers using his resource at home, in residential care and nursing homes and elsewhere will be able to select exercises for their residents to suit their circumstances at the time. The exercise can be attempted by themselves, in pairs or in groups as a family.



# Benefits of neurobic exercises



**NOTE:**

*For best results, neurobic exercises should be attempted for 10-15 minutes daily.*

# Writing exercises

## Guide on how to do these exercises

*If you're right handed:*

**L = Unusual hand**

**R = Usual hand**



*If you're left handed:*

**L = Usual hand**

**R = Unusual hand**



# Writing Exercises

*You can make up your own exercises like the below using different names, letters, shapes and numbers.*

## **Exercise 1:**

- Write down your first name with your usual hand.
- Write down your name with your unusual hand.
- Write down your name backwards with your usual hand.
- Write down your name backwards with your unusual hand.

## **Exercise 2:**

- Make a rough sketch of this letter with your usual hand.
- Make a rough sketch of the letter with your unusual hand.



## **Exercise 3:**

- Write down this number with your usual hand.
- Write down the number with your unusual hand.
- Write down the number backwards with your usual hand.
- Write down the number backwards with your unusual hand.



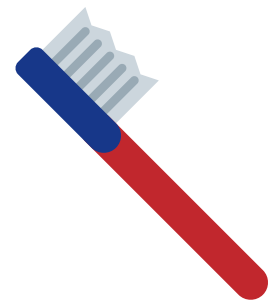
# Day-to-day exercises

Just as too much sitting is bad for the body, too much day-in, day-out routine is bad for the brain.

The brain needs to be stimulated constantly.

*Try these routine tasks using your non dominant hand and bring your brain alive:*

- Brushing your teeth
- Opening the toothpaste tube
- Combing or brushing your hair
- Using a spoon at breakfast time
- Dialing a number
- Using the computer mouse
- Typing on your computer keyboard



*With your eyes closed try using your unusual hand to:*

- Dressing and buttoning or zipping up
- Washing your face
- Carefully opening and shutting doors and containers;

*To tax your brain:*

- Turn your calendar upside down
- Wear your watch upside down on your unusual wrist
- Read a newspaper etc when it is upside down
- Turn family photos upside down and display in another room



# Day-to-day exercises

***When you are really energetic, use your non dominant hand to:***

- Throw a ball into a basket or bucket. Repeat 10 times
- Throw a ball up and catch it. Repeat 10 times.
- Bounce a ball five to ten times.
- Roll a ball into the corner of the room. Repeat 10 times.



***Exercises involving tasks using two or more of the five senses (sight, hearing, smell, taste and touch):***

- Dancing to recorded or live music - turn up that radio!
- Singing whilst drawing or painting a picture
- Singing whilst doing a task such as housework or gardening
- Watching the clouds go by whilst creating a shape with modelling clay
- Drawing a picture, singing in a room with a lovely smell of lavender





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[www.ageuk.org.uk/hertfordshire](http://www.ageuk.org.uk/hertfordshire)

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