

# Cultural Daily

Independent Voices, New Perspectives

## The significant guide to improving your brain activity

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Just like any other muscle in our body, our brain becomes strong when it is given proper training. But one has to note that the brain needs some different kinds of exercises. Lifting weight, running, or going to the gym is for other parts of the body but our brain needs an activity that will make it sharper and stronger.

There is an English proverb that says that “the sound body harbors sound mind” and that works vice versa. So your body and mind ought to be healthy and keeping these things in mind, we are going to give you some tips to improve your brain functionality, enhance your memory power, and much more.

### Learn and play a music instrument

Music is also like other subjects, such as mathematics or science, and it helps you to boost your brain activity. It soothes the mind and helps you to have a better concentration power when you try other activities as well. Well, it is a fact that the best age to learn any musical instrument is childhood as that is the age when you have extraordinary grasping power. But, it's always good for the brain to start something new. This learning process may not make you the best instrument player in particular segment but it will help your brain as well as give you pleasure.

### Play card games

You may have heard that poker is the game of pure luck but it is more of a science. There are several professional poker players in the world that are reported to have high IQs and have out of the box thinking ability. And, that's why they are able to make millions. The pure truth is that card games enhance your memory and chiseled your mind. It teaches you how to handle critical situations, stimulate the brain, and even give you the courage to go beyond the limits. So you can try some card games at [casino NetBet](#) and sharpen your brain while making some money out of it. Other than poker, bridge, solitaire, rummy, and bridge are helpful card games to train your brain.

### Learn a new language

There are several reports that claim that people who speak more than one language other than their native language are believed to be better performers at the job and do well in other fields as well. Learning a completely new language helps in improving memory, boost your creativity, and several other skills. Well, learning anything new might be difficult for your brain at the initial stage just like lifting and running could be hard for your body but with practice and training, you can

make it better. So learning a new language even a sign language is a good exercise for your brain.

### **Make healthier eating choices**

Our bodies and brain are made of what we eat. As we said in the introduction that sound mind resides in a sound body and to get a sound body, you need to practice some healthier choices in your diet as well. Healthy foods not only work for your body but they help your brain in many ways. You might have heard that almonds help in improving memory. So you need to focus on your diet as well. Including fruits, green veggies, nuts, fish, lean meat, and grilled or baked food are good for your brain. Avoid deep-fried food. Pizza or burger could be an exception once in a while but you should make healthy habits in your daily diet.

Photo:  **Josh Riemer**

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