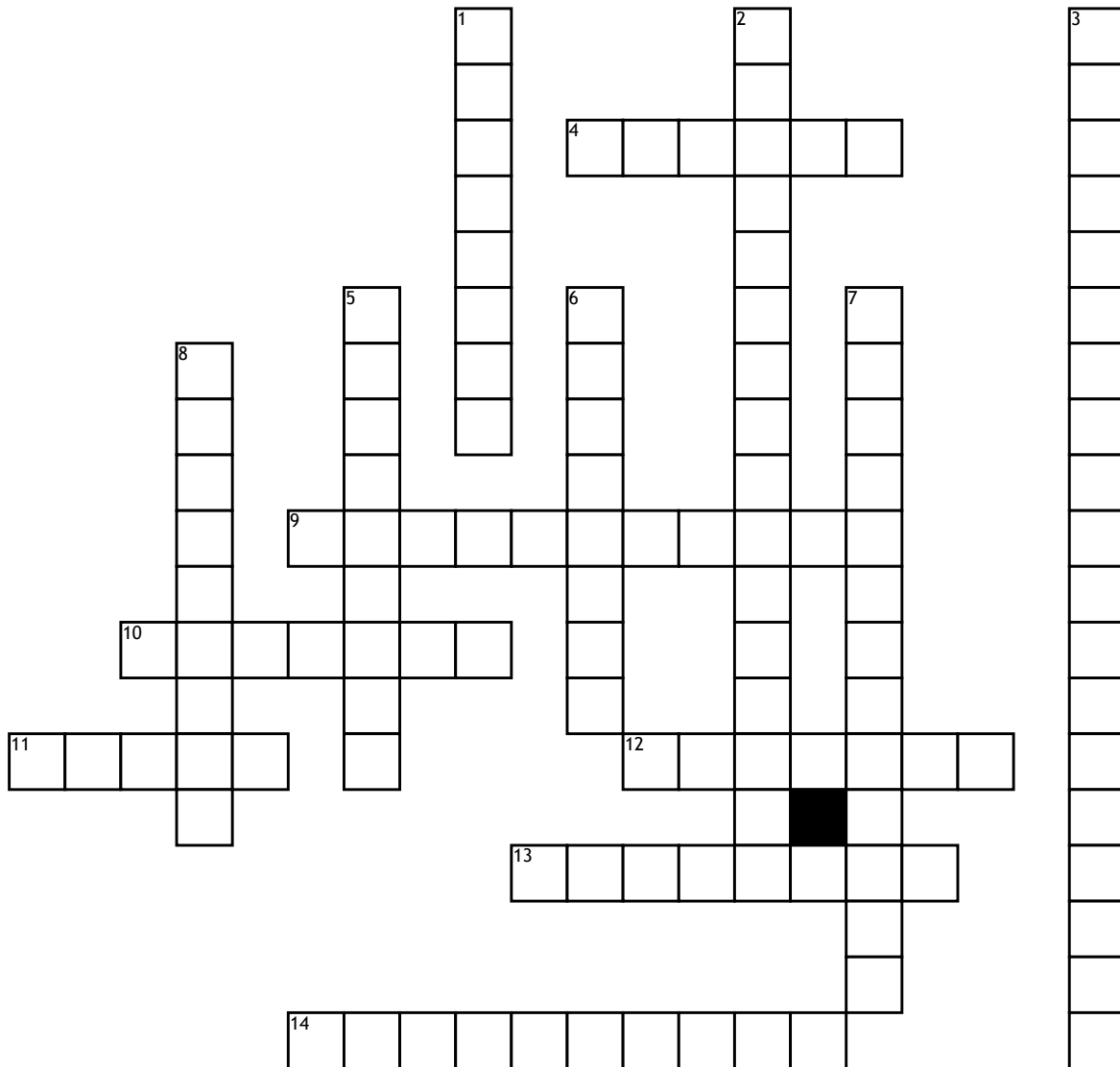


Name: _____

Date: _____

Sharpen Your Mind



Across

4. An area of cognition used in remembering a past event.

9. A specific part of the brain that is important in memory.

10. An example of physical activity that involves moving to music.

11. Structure in the body important in cognition and necessary for survival.

12. The most common way of getting around. Most people do this and do not realize it is an exercise.

13. An online service that uses brain games to enhance cognition.

14. Physical _____ are anything that includes movement. An example would be swimming.

Down

1. _____ to high activity decreases the risk of cognitive impairment.

2. Doing _____ for 15 minutes a day improves cognitive function.

3. A profession that can help with cognition problems through teaching, simplifying tasks, or adapting the environment.

5. Important brain function one uses to interpret thought processes.

6. _____ has been shown to improve brain activity. Two examples are cognitive and physical.

7. _____ memory impairment is a normal part of the aging process.

8. _____ brain injury can cause impaired cognition. It is caused by a bump or blow to the head.