

WHY TO TRAIN OUR BRAIN?



Ageing concerns not only our body, but also our brain

...

therefore we have to take care of our most complicated body organ

Do you really know your brain? ... Let's test it!

➤ How much does a brain weigh?

1,4 kg (2% of our total weight)

➤ What percentage of water does our brain consist of?

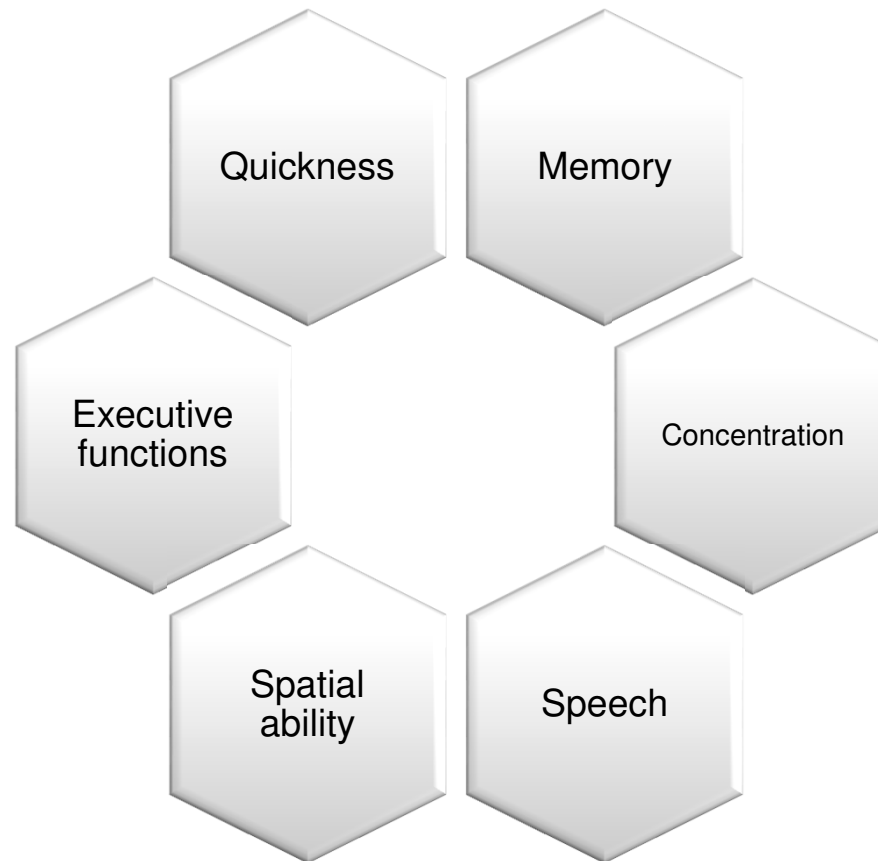
77-78%

➤ When does our brain start ageing?

age 30

Channel Crossings

What are the cognitive functions?

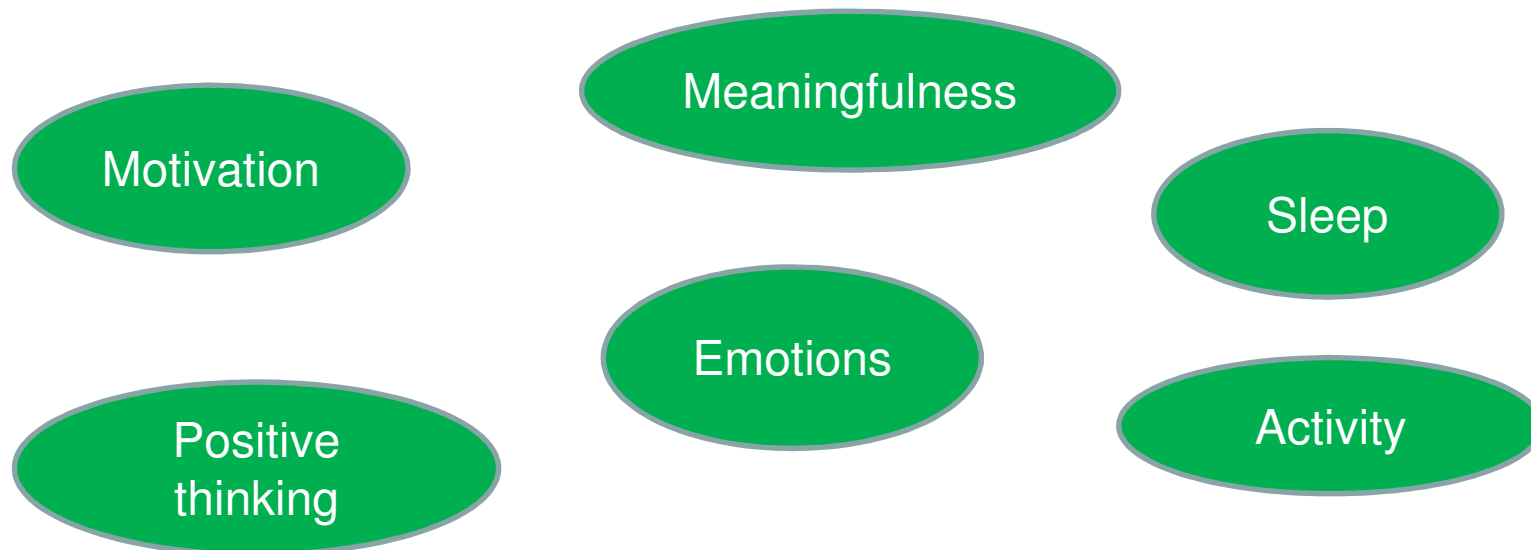


Channel Crossings

Memory

Bad news ... We forget 40% of information after only 1 hour

Good news ... We can train our memory




Channel Crossings

Let's play 😊

<http://goo.gl/VJzmua>

Body: 0 Nejlepší kolo: 0 Kolo: 1



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BRAIN JOGGING

- HANOJSKÉ VĚŽE**
trénink vykonných funkcií
- BARVY A TVARY**
trénink pamäte
- Tematický okruh: Astronómia
fan zo graf ju
za hus da ze
pa po lač tr
gram klo stro te
- SARADA**
trénink rečovných funkcií
- SLOŽENÉ OBRAZKY**
trénink vizuálnej schopnosti
- OBJEDNEJTE**
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