

Brain Fitness Resources

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Brain fitness blog: www.sharpbrains.com

Brain games available on the web for free;

<http://www.aarp.org/fun/puzzles/>

<http://www.thirdage.com/living/games/sbt1/>

<http://www.gamesforthebrain.com/>

Commercial brain fitness programs:

www.mybraintrainer.com

www.cogmed.com

www.positscience.com

www.calibex.com/nintendo-brain-game

www.lumosity.com

Self-help books/consumer education:

- “The Healthy Brain Kit,” Andrew Weil & Gary Small, 2007.
- “The Memory Prescription,” Gary Small, 2004.
- “Keep Your Brain Young,” Guy McKhann & Marilyn Albert, 2002.
- “Total Memory Workout,” Cynthia Green, 1999.
- “Whole Brain Workouts,” Marge Engleman, Elizabeth Ragsdale, and Tom Kinney, 2006

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Professional training and funding:

- **The Dana Foundation** – web and print materials on brain health and research (<http://www.dana.org/brain.aspx>)
- **American Society on Aging (ASA)** – webseminars (www.asaging.org/webseminars)

Check the WAI website (www.medsch.wisc.edu/wai/) for our new Brain Fitness link:

We'll be posting reviews of recent research articles on factors that may be brain-protective and on intervention programs to maintain or improve cognitive skills.