

10 Apps To Keep Your Brain Sharp

Below is a list of brain games that are all available to download onto your smart phone, computer or tablet. Engaging in brain games positively impact your brain functions such as memory, attention, thinking, reasoning skills and language. Improve mental functioning and help prevent cognitive decline all while having fun.

Lumosity: The world's most popular brain training program. Provides exercises to improve 5 areas of cognitive functions: problem-solving, memory, attention, speed and flexibility.

Wordle: Guess the Wordle in 6 tries. Each guess must be a valid 5-letter word. The color of the tiles will change to show how close your guess was to the word. Visual memory, attention to detail and applying strategy will help you reach that right answer.

Sudoku: Attempt to fill a grid with digits so that each column, each row, and each of the nine 3×3 sub grids that compose the grid contain all of the digits from 1 to 9. You will need to practice concentration, critical thinking and problem-solving to correctly finish a Sudoku puzzle.

CogniFit: Chose from many brain game options that help with visual perception, planning, short-term memory and more. Available games include "Math Twins", "Candy Line Up", "Match It" and more.

Solitaire: Use up all one's cards by forming particular arrangements and sequences. Improve your memory, focus and reflexes.

Crossword Puzzles: Fill the white squares with letters, forming words or phrases, by solving clues which lead to the answers. You will have to use your memory, vocabulary and thinking skills to complete the entire puzzle.

Trivia Games: "Jeopardy! World Tour", "Trivia Crack", "Psych! Outwit Your Friends" are all trivia game available to download. You may know the answer or you may learn the answer. Retain information about topics you are interested in.

Scrabble: Construct words with letter tiles. Put your vocabulary, strategy and spelling to the test. Scrabble can be played in "solo mode" online.

Duolingo: A language learning app, practice your vocabulary, grammar, pronunciations and listening skills. Interested in learning something new? Try Duolingo.

Elevate: Brain training personalized for you. Boost productivity, earning power and self- confidence in skills like math, reading, writing, speaking and recall.