

BRAIN FITNESS

As you get older, keeping your brain active is just as important as exercising your body. Studies have shown that everyday mental fitness, from reading to memory games, helps keep your brain young.

Get your brain moving with these puzzles. Each box represents a common word or phrase — can you tell what it is?

Example:

ban ana

Answer: Banana Split

1 ABCDEFGH
IJKLMNOPQ
RSTVWXYZ

2 KNEE
UR FULL OF

3 PumPkinPie

4 12:00T

5 FAMILYYYYYY

6 M1LLION

7 go it it it it

8 lang4uage

9 TULIPS

10 wonalicederland

11 m
o e
g r
y r

12 M MEAL M
E E
A A
L MEAL L

ANSWERS:

1. Missing you (U) 2. You are full of bologna (boloney) 3. Piece (P's) of pumpkin pie 4. Noon tea
5. Extended family 6. One in a million 7. Go for it 8. Foreign language (4 in language)
9. Tiptoe through the tulips 10. Alice in Wonderland 11. Merry go round 12. Square meal

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