



## Use It or Lose It

Physical exercise is important for a healthy lifestyle, but what about your brain? The brain is a vital organ that must be exercised, too, and a brain fitness program is one way to keep it active. Dan Michel, CEO of Dakim BrainFitness, says engaging your brain is important. "It's a matter of use it or lose it," Michel says. Although his company provides brain fitness software designed for active adults over age 60, Michel says, "It's never too late, and it's not too early to start a brain fitness program. It'd be great if people in their 30s start doing these activities as prophylactics to help them defend their brains long term."

Michel explains that games such as Sudoku sharpen your skills, but they only force you to perform the same task repeatedly. Brain fitness programs that focus on different exercises may help "cross train" your brain in different areas, improving language, critical thinking and long-term memory skills.

[www.mashable.com](http://www.mashable.com)

## The State of Brains

Beautiful Minds: Finding Your Lifelong Potential is a campaign "designed to empower Americans to develop and maintain healthy, beautiful minds." Among many resources to help improve brain health, it provides the 2011 America's Brain Health Index. Here, you can discover how your state ranks in the nation's brain health. All states were evaluated based on 21 factors, including mental and physical health, diet and social well-being. Visit [www.beautiful-minds.com](http://www.beautiful-minds.com) to see how your state's collective brains hold up.

If you have a cartoon, anecdote, joke or interesting safety item you'd like to submit for publication on this page, send your contribution to [professionalsafety@asse.org](mailto:professionalsafety@asse.org). Submissions will not be returned.



## Mood Music

If you like to listen to happy music to get yourself out of a bad mood, then Mico headphones, by Neurowear, aren't for you. These innovative headphones select a song based on the listener's mood. The headphones are equipped with a protruding electroencephalograph sensor that picks up brain patterns to match a person's mood with a certain song. The headphones work with the Mico app; when plugged into a smartphone that is running the Mico app, the headphones detect the user's brain waves and match an appropriate "neuro-tagged" mood-fitting song from the company's database. Happy listening—but only if you're already happy.

## Brain Factoids

- A human brain is made up of about **75%** water.
- Humans are believed to have about **70,000** thoughts per day.
- While awake, your brain generates between **10 to 23** watts of power.
- The adage that humans only use **10%** of their brains is false.

## May Safety Photo of the Month



Colleague Appreciation Day:  
Give a colleague a lift.

Photo by Michael Stone, Florida Suncoast Chapter

Congratulations to **David Driver** of ASSE's Chattanooga Chapter for his winning caption contest entry, which appears below the photo.

**Dorothy:** "How can you talk if you haven't got a brain?"

**Scarecrow:** "I don't know. But some people without brains do an awful lot of talking, don't they?"

From *The Wizard of Oz*

