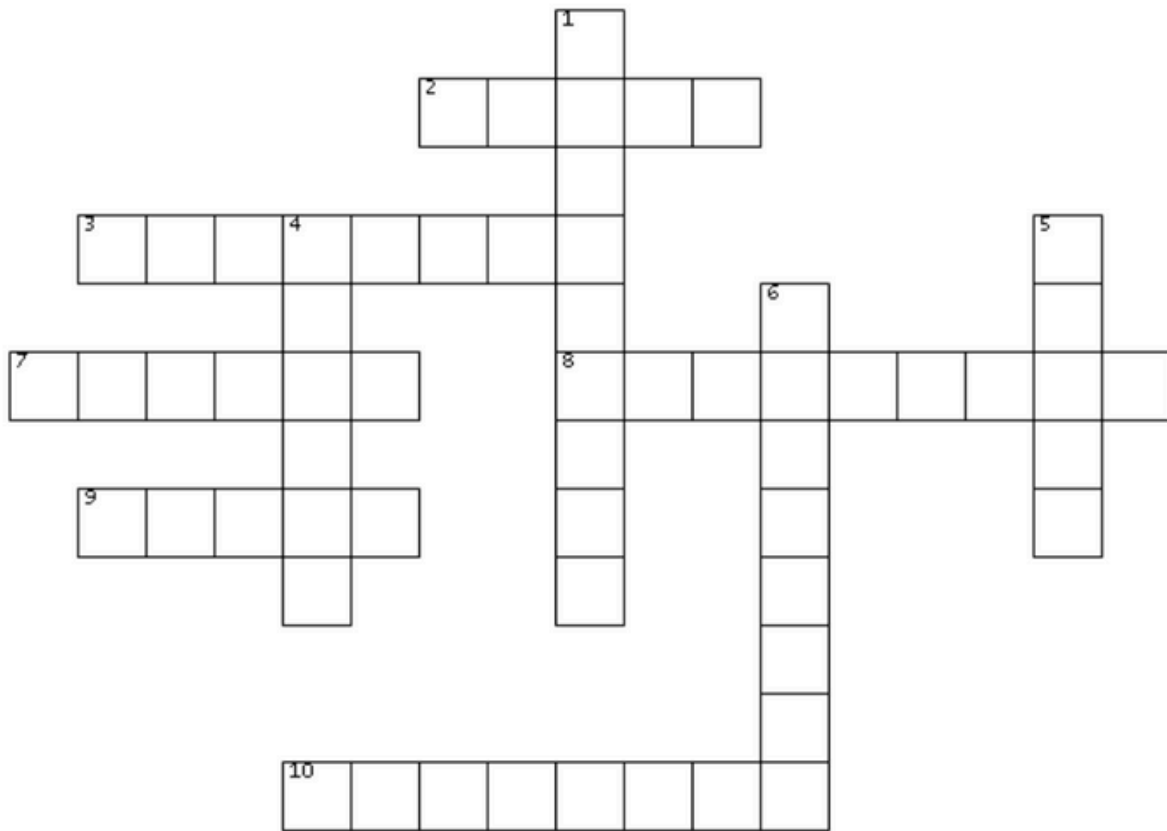


JULY COGNITIVE KIT CROSSWORD PUZZLE



ACROSS

2. According to the CDC, "a _____ of American adults report that they usually get less sleep than the recommended amount."
3. According to the CDC, one of the ways to maintain your brain health is to maintain a healthy blood _____ level.
7. The healthy habits for your brain from the Alzheimer's Association include challenge your mind, stay in school, and get _____.
8. The NIA says "brain health can be affected by age-related changes in the brain, injuries such as stroke or _____ brain injury; mood disorders such as depression, substance use disorder, or addiction; and diseases such as Alzheimer's and related dementias."
9. According to NINDS information on the brain, "this _____-pound organ is the seat of intelligence, interpreter of the senses, initiator of body movement, and controller of behavior."
10. According to the NINDS, "the brain can be divided into three basic units: the forebrain, the _____, and the hindbrain."

DOWN

1. According to the NIA, "genetic, environmental, and _____ factors may contribute to a decline in thinking skills and the ability to perform everyday tasks...."
4. According to Wang et al. (2020), "the brain is a complex organ and has at least three levels of functions that affect all aspects of our daily lives: interpretation of _____ and control of movement; maintenance of cognitive, mental, and emotional processes; and maintenance of normal behaviour and social cognition."
5. According to the Alzheimer's Association, "'Cognitive decline' refers to changes in the ability to _____ that happen as people age."
6. According to Wang et al. (2020), "human ageing is mainly reflected in the aspects of brain ageing and degradation of brain _____."