

# BRAIN GAMES

**L**ike exercise for the body, games can help keep the brain active and engaged. However, experts emphasize that games are most beneficial when combined with other activities that support overall brain health.


Dr. Balaji Krishnaiah, UT Health Science Center associate professor of neurology and medical education, notes research suggests that, while they can be useful, brain games do not prevent memory loss on their own. Instead, games help strengthen specific cognitive skills.

Crosswords and word searches “primarily engage attention, language and processing speed, helping to keep the brain mentally active. Regular participation in cognitively stimulating activities

is associated with greater cognitive resilience and may help maintain certain thinking skills over time, particularly vocabulary, pattern recognition and mental flexibility,” he says.

Krishnaiah recommends a balanced approach that includes cognitive, physical and social activities.

“Learning new skills, reading, engaging in meaningful conversations, physical exercise and lifelong learning have stronger and more consistent associations with maintaining memory and overall cognitive function than any single type of puzzle alone,” he says.

If you’re looking for a cognitive challenge today to complement other brain-healthy activities, try the games below to test your knowledge of the University of Tennessee. 

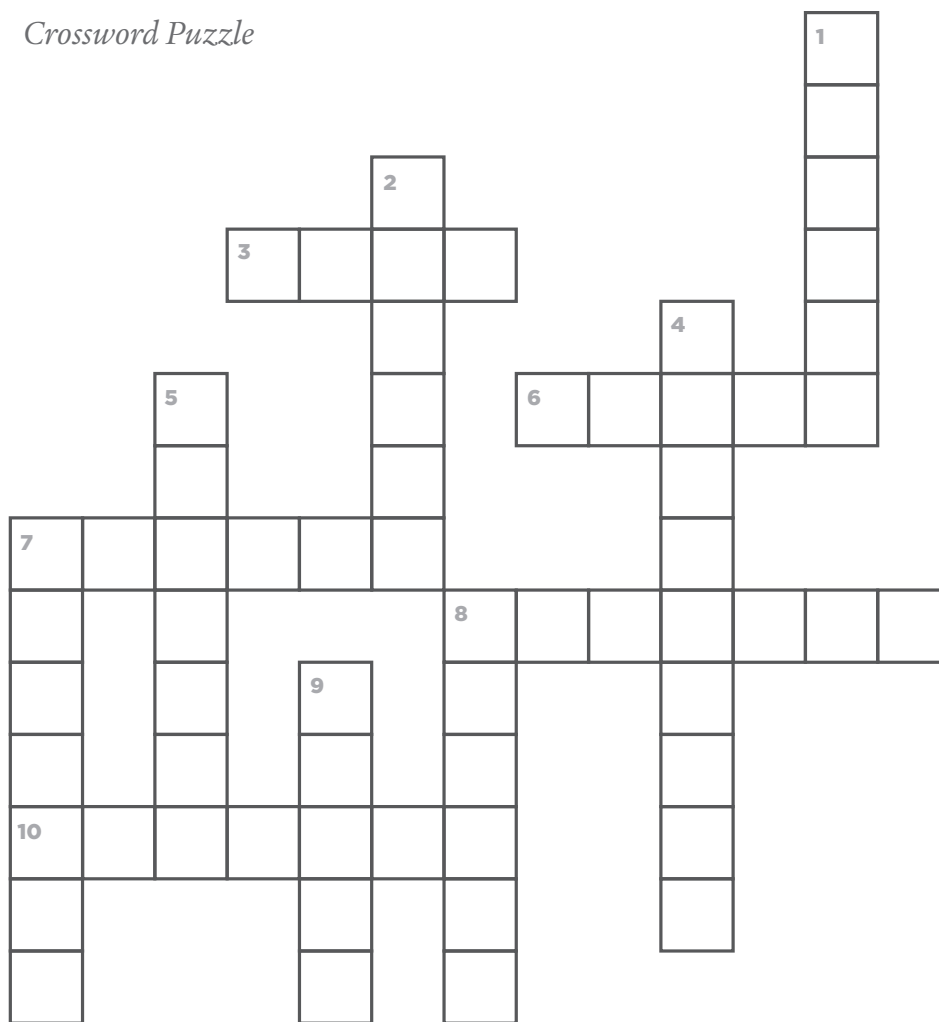
## Do you know UT? *Crossword Puzzle*

### ACROSS

- 3. Dr. Seddon, astronaut and UTHSC graduate
- 6. Fiery mascot for UT Southern
- 7. Actor Leslie who attended UTC
- 8. UT Martin alumna and basketball icon
- 10. The captain who cheers on UT Martin teams

### DOWN

- 1. Orange and White Hall of Fame sacker
- 2. UT Knoxville alumnus in many commercials
- 4. Two last names that formed the precursor name for UT Martin
- 5. He’s a bird rooting for UTC
- 7. UT president whose name crosses a bridge in Knoxville
- 8. Mascot who cheers on the Vols
- 9. An early name for the University of Tennessee at Chattanooga



Ready to check your answers?  
Use the QR code or visit our  
website at [qrco.de/otpuzzle](http://qrco.de/otpuzzle).



# Everywhere You Look, UT *Word Search*

C M X N I A J N F R A N K L I N X I Z V  
 N E - H - I Z M Z E V - F D T V W D T T  
 A E E F V O A B Y D Y H Z O P B O V C R  
 R H Z K O L B E - T K V M F B K R N S O  
 O P Q K V M L K T P Q U S W K N O X H U  
 F G E J B K I C R Z A C N V Z W V O E S  
 H U L A A N T Q - D F O - J I U E D L D  
 R R R E E C X Y R B T J O H N S O N B A  
 U D W S I L K K Q L R - Y Q V Y P G Y L  
 Z J H R V F P C I N Z Q E T - P W M G E  
 K W J D N X M M O I G I L E S F R V E A  
 J Y D C J U A W X - G Z D K U S - N X C  
 V X O N N H S G I O E V - N N V Y N Z H  
 F M O P O D J D O K E R F O S A W H K M  
 H Y Z Y W W C N S Y W L M E W L L H O O  
 P G R D P X R - K A K V L E T T I C T Y  
 N I N E T Y - F I V E Y S D N Q J F J S  
 Q K D U L T H N V K X X A V Z F B H J E  
 D E - Q Y Y C K B N A R L R J P B M I -  
 L C M N U S K D - W Z Z V N U N G J M B

1. The number of Tennessee counties where there is a University of Tennessee facility
2. The home county for the University of Tennessee at Martin
3. The home county for the University of Tennessee at Chattanooga
4. The county where you would find the University of Tennessee, Knoxville, the main campus of the UT Institute of Agriculture, the main offices of the UT Institute for Public Service and the UT System.
5. The county where you would find the main campus of the UT Health Science Center
6. The home county of the University of Tennessee Southern in Pulaski
7. The home county of the UT Space Institute in Tullahoma
8. The easternmost UT Extension county office location
9. The smallest county by area in Tennessee. UT Extension's office is located in Hartsville.
10. The last county listed alphabetically that's home to an Everywhere You Look, UT mural