

# Cogni-Package



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“Cogni-pack” includes a lot of tasks that allow you to use your brain and body at the same time, especially if you are not exercising your mind recently and are worried about becoming forgetful. We have prepared multiple tasks to help. Please do not choose the same task each time, but **do different tasks every day**. Working on these tasks with your family might increase your motivation and keep you active. Cognitive tasks are a bit difficult, but don’t worry if you can’t do everything. Brain activity is promoted by smiling and enjoying yourself while trying to solve challenging problems. Please keep your brain and body healthy by making an effort to use both in your daily life.



## Precautions for activities



1. Stop exercising if you feel pain or stress in your body.
2. Be careful not to fall down while exercising and choose tasks that match your abilities.
3. Use a stable chair or desk, and do not use objects that can be easily moved, such as a chair with wheels.
4. You may choose any of the cognitive tasks you like.
5. If possible, try making small changes to make the tasks different. For example, name “fruits” instead of “animals” or name words that begin with “h” instead of “a”.

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# List of exercises included in the Cogni-pack

Please combine various cognitive and physical exercises according to your condition. Please be aware of the risk of falling down during balance exercises.

No.	Stretch	Balance ex	Muscle training	Whole-body exercise	Cognitive task	Sitting	Standing	Exercise content
1	●				Calculation	●		Stretching the hamstrings
2	●				Word fluency	●		Stretching the hamstrings
3			●		Memory	●		Raising the thighs
4			●		Attention	●		Raising the toes and heels
5	●				Calculation		●	Stretching tight calf muscles
6	●				Word fluency		●	Stretching tight calf muscles
7	●				Memory	●		Stretching the trunk muscles
8	●				Attention	●		Stretching the trunk muscles
9-12			●		Calculation Word fluency Memory Attention		●	Thigh stretch and lunge
13		●			Word fluency		●	Standing training in a tandem position
14,15			●		Attention	●		Marching while sitting
16,17			●	●	Attention Inhibition		●	Marching in place
18-21					Attention Inhibition	●		Using each exercise for a different task at the same time
22				●			●	Walking

Sitting: exercises are done while sitting down. Standing: exercises are done while standing up.

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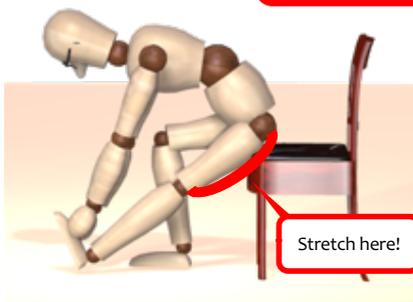
1

## Stretching the hamstrings + Cognitive task

### Here's the point!

Let's do a **cognitive task** and exercise at the same time.  
Continue the tasks for 60 seconds.

#### Exercise task



Be careful not to fall off the chair!

- Be careful not to fall off the chair by sitting too close to the edge.
- With one leg extended, lean forward and stretch the back of your thighs.
- Take deep breaths without hunching and stretch slowly without any pain.

#### Cognitive task

##### Calculation

- Count every second number from 0 (0, 2, 4...).
- Count every third number from 0 (0, 3, 6...).
- Count backwards from 90 (90, 89, 88...). When you get used to it, subtract 2 (90, 88, 86...) or 3 (90, 87, 84...).

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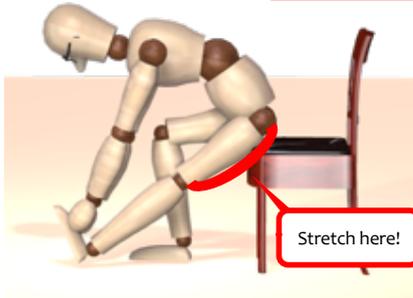
## Stretching the hamstrings + Cognitive task

### Here's the point!

Let's do a **cognitive task** and exercise at the same time.  
Continue the tasks for 60 seconds.

#### Exercise task

Be careful not to fall off the chair!



- Be careful not to fall off the chair by sitting too close to the edge.
- With one leg extended, lean forward and stretch the back of your thighs.
- Take deep breaths without hunching and stretch slowly without any pain.

#### Cognitive task

##### Word fluency

Say as many of the following words as you can.

- Name tools used for housework
- Words that begin with "H"
- Things associated with "spring" (cherry blossoms, allergies...).
- Things related to "water" (soap, bath, Venice...)

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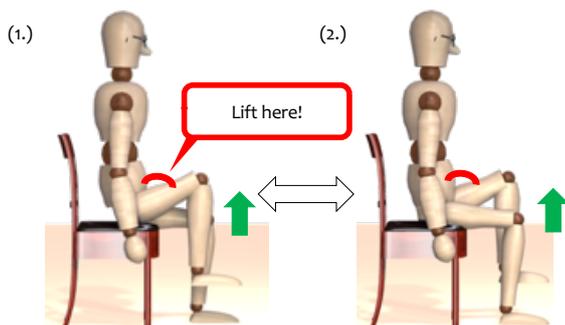
3

## Raising the thighs + Cognitive task

### Here's the point!

Let's do a **cognitive task** and exercise at the same time.  
Continue the tasks for 60 seconds.

#### Exercise task



- (1.) lift one leg up while keeping the knee bent as shown by **the green arrow**, and then slowly return to the original position.
- (2.) repeat with the other leg.

#### Cognitive task

##### Memory

Please recall and say:

- What you have in the refrigerator.
- What you see when you take a walk outside.
- The names of states/provinces/prefectures in your country.
- What you had for dinner yesterday.

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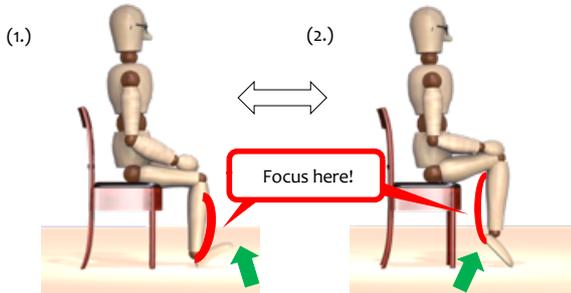
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## Raising the toes and heels + Cognitive task

### Here's the point!

Let's do a **cognitive task** and exercise at the same time.  
Continue the tasks for 60 seconds.

#### Exercise task



- (1.) raise and lower your toes slowly.
- (2.) raise and lower your heels slowly.
- Repeat these two steps.

#### Cognitive task

##### Attention

Please answer while looking around the room.

- How many round objects are there?
- How many red objects are there?
- How many green objects are there?
- When you get used to the task, perform different exercises, such as raising your right heel and your left toes up at the same time.

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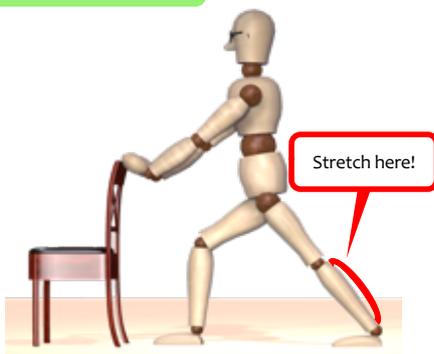
5

## Stretching tight calf muscles + Cognitive task

### Here's the point!

Let's do a **cognitive task** and exercise at the same time.  
Continue the tasks for 60 seconds.

#### Exercise task



- Hold a table or chair to keep stable.
- Point the toes of both feet toward the front. It is more effective to point the toes of your back leg slightly inward.
- Slowly stretch the calf muscles. Be gentle and don't force the stretch.

#### Cognitive task

##### Calculation

- Let's start with 2 and double the number one by one (2, 4, 8...).
- Count every third number from 32 (32, 35, 38 ...).
- Count backwards from 200 (199, 198, 197... ). When you get used to it, subtract 2 or 3.

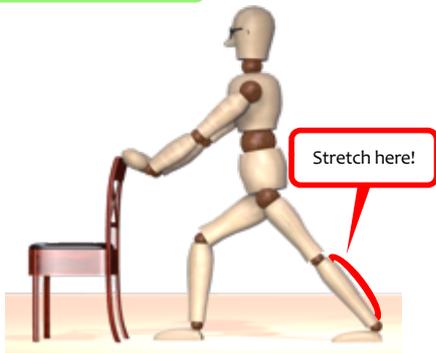
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## 6 Stretching tight calf muscles + Cognitive task

### Here's the point!

Let's do a **cognitive task** and exercise at the same time.  
Continue the tasks for 60 seconds.

#### Exercise task



- Hold a table or chair to keep stable.
- Point the toes of both feet toward the front. It is more effective to point the toes of your back leg slightly inward.
- Slowly stretch the calf muscles. Be gentle and don't force the stretch.

#### Cognitive task

##### Word fluency

Say as many words in a specific category as you can for 60 seconds.

- Carpentry tools (saw, hammer, etc.)
- Five-letter words (panda, right, etc.)
- Words associated with "summer" (fireworks, swimming, etc.)
- Flowers (tulip, rose, etc.)

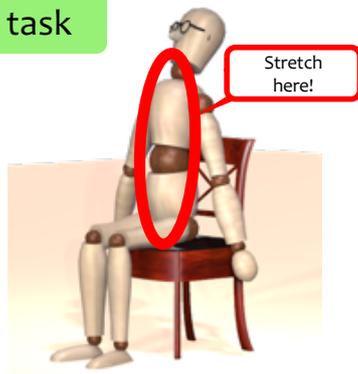
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## 7 Stretching the trunk muscles + Cognitive task

### Here's the point!

Let's do a **cognitive task** and exercise at the same time.  
Continue the tasks for 60 seconds.

#### Exercise task



- Open both arms outward and lift your chest.
- Stretch the muscles on the chest and upper back.
- Take a deep and smooth breath and slowly release without any pain.

#### Cognitive task

##### Memory

Please recall and say:

- Recent news.
- How to get to the nearest station from your house.
- The name of the city, town and village in the prefecture you live in.

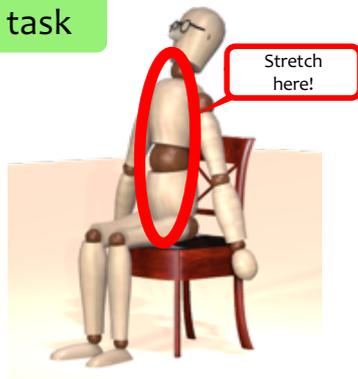
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## 8 Stretching the trunk muscles + Cognitive task

### Here's the point!

Let's do a **cognitive task** and exercise at the same time.  
Continue the tasks for 60 seconds.

#### Exercise task



- Open both arms outward and lift your chest.
- Stretch the muscles on the chest and upper back.
- Take a deep and smooth breath and slowly release without any pain.

#### Cognitive task

##### Attention

Please answer while looking around the room.

- How many squares are there?
- How many blue things?
- What is the heaviest thing?
- What is the oldest thing?

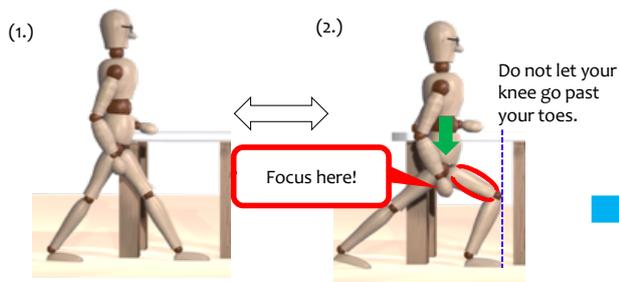
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## 9 Thigh stretch + Cognitive task

### Here's the point!

Let's do a **cognitive task** and exercise at the same time.  
Continue the tasks for 60 seconds.

#### Exercise task



- Hold a table, chair, or handrail to keep stable.
- (1.) put one foot in front of the other and stand tall.
- (2.) lower your body until the front leg forms about a right angle, thigh parallel to the floor. The heel of the back foot should not touch the floor. Ensure the front knee remains over the ankle and be sure to lower straight down rather than forward.

#### Cognitive task

##### Calculation

- Count in multiples of six starting at 2 (2, 8, 14...).
- Divide even numbers by 2 in order until they are no longer divisible (24, 12, 6, 3).
- Count backwards from 300. When you get used to it, subtract 2 or 3.

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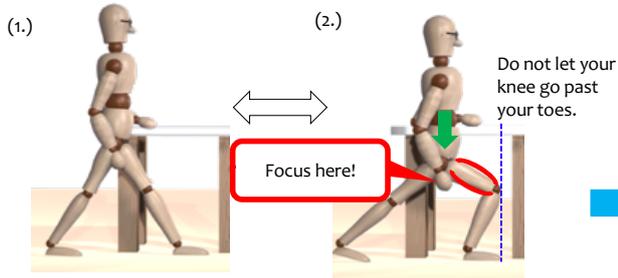
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## Thigh stretch + Cognitive task

### Here's the point!

Let's do a **cognitive task** and exercise at the same time.  
Continue the tasks for 60 seconds.

#### Exercise task



- Hold a table, chair, or handrail to keep stable.
- (1.) put one foot in front of the other and stand tall.
- (2.) lower your body until the front leg forms about a right angle, thigh parallel to the floor. The heel of the back foot should not touch the floor. Ensure the front knee remains over the ankle and be sure to lower straight down rather than forward.

#### Cognitive task

##### Word fluency

Say as many words in a specific category as you can for 60 seconds.

- Name seasonings (salt, sugar, etc.)
- Countries (Portugal, Germany, Peru, etc.)
- Words associated with “autumn” (leaves, October, etc.)
- Three-letter words (dog, cat, etc.)

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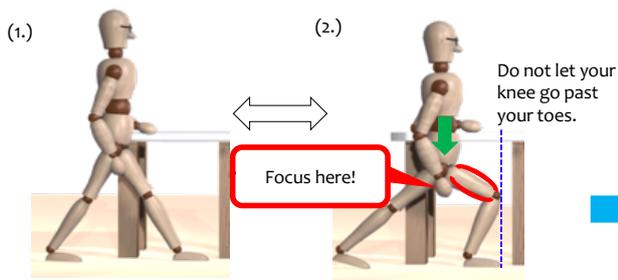
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## Thigh stretch + Cognitive task

### Here's the point!

Let's do a **cognitive task** and exercise at the same time.  
Continue the tasks for 60 seconds.

#### Exercise task



- Hold a table, chair, or handrail to keep stable.
- (1.) put one foot in front of the other and stand tall.
- (2.) lower your body until the front leg forms about a right angle, thigh parallel to the floor. The heel of the back leg should not touch the floor. Ensure the front knee remains over the ankle and be sure to lower straight down rather than forward.

#### Cognitive task

##### Memory

Please recall and say:

- What you did yesterday
- The most delicious dish you have ever eaten
- Your favorite song and the name of the singer singing (Sukiyaki, Kyu Sakamoto, etc.)

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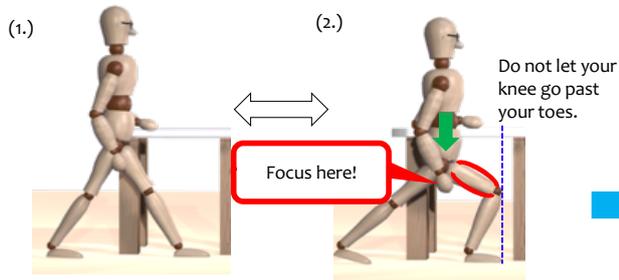
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## Thigh stretch + Cognitive task

### Here's the point!

Let's do a **cognitive task** and exercise at the same time.  
Continue the tasks for 60 seconds.

#### Exercise task



- Hold a table, chair, or handrail to keep stable.
- (1.) put one foot in front of the other and stand tall.
- (2.) lower your body until the front leg forms about a right angle, thigh parallel to the floor. The heel of back foot should not touch the floor. Ensure the front knee remains over the ankle and be sure to lower straight down rather than forward.

#### Cognitive task

##### Attention

Please answer while looking around the room.

- Is there anything you should clean up?
- Are there things that make you feel nostalgic in the room?
- Are there scratches on any of the walls?

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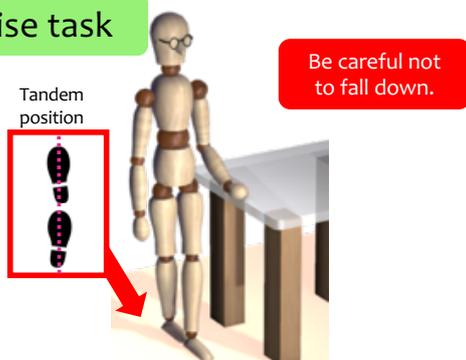
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## Standing training in a tandem position + Cognitive task

### Here's the point!

Let's do a **cognitive task** and exercise at the same time.  
Continue the tasks for 60 seconds.

#### Exercise task



- Lightly hold a stable table or chair.
- If you feel like you are going to lose balance, put your strength into your legs and let your body lean against the table/chair.
- Stand with the heel of one foot in line with the toe of the other foot.
- Keep that posture for 20 seconds, then switch your front and back legs. Repeat with the opposite leg.

#### Cognitive task

##### Word fluency

Say as many words in a specific category as you can for 60 seconds.

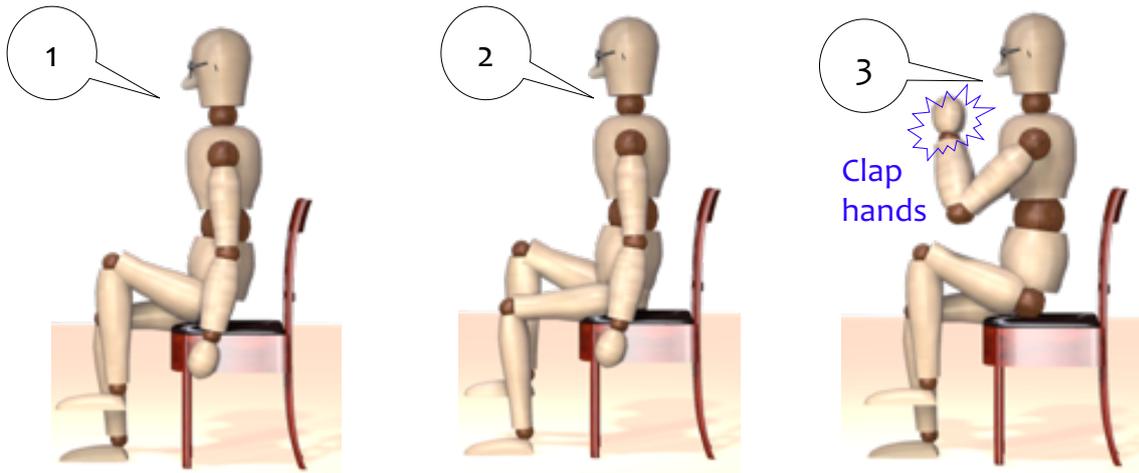
- Colors (red, blue...)
- Four-letter words (song, dish, etc.)
- Words associated with "winter" (snow, cold, etc.).
- Musical instruments (piano, violin, etc.)

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## Marching while sitting + Cognitive task

Step and clap your hands on multiples of 3



### Here's the point!

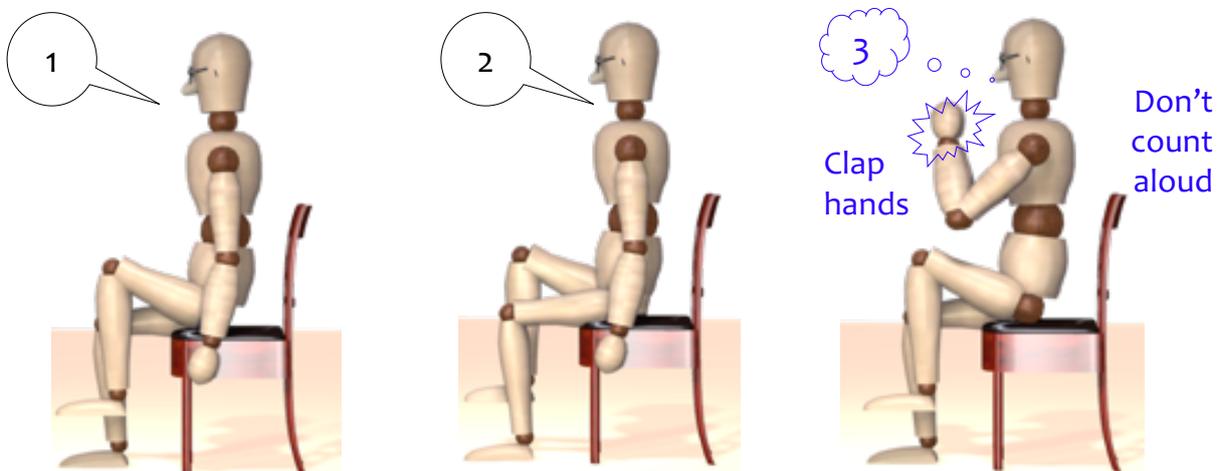
- Step to the rhythm of your counting and clap your hands on multiples of 3 (3, 6, 9...). Continue to "30".
- When you get used to it, shake your hands instead of clapping, or use multiples of 4 or 5 instead of 3.

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## Marching while sitting + Cognitive task

Step and clap your hands on multiples of 3 while counting the number of steps, but **stop counting aloud** at that time.



### Here's the point!

- Step to the rhythm of your counting and clap your hands on multiples of 3 (3, 6, 9...) but don't say the number aloud when you clap. Continue to "30".
- When you get used to it, shake your hands instead of clapping, or use multiples of 4 or 5 instead of 3.

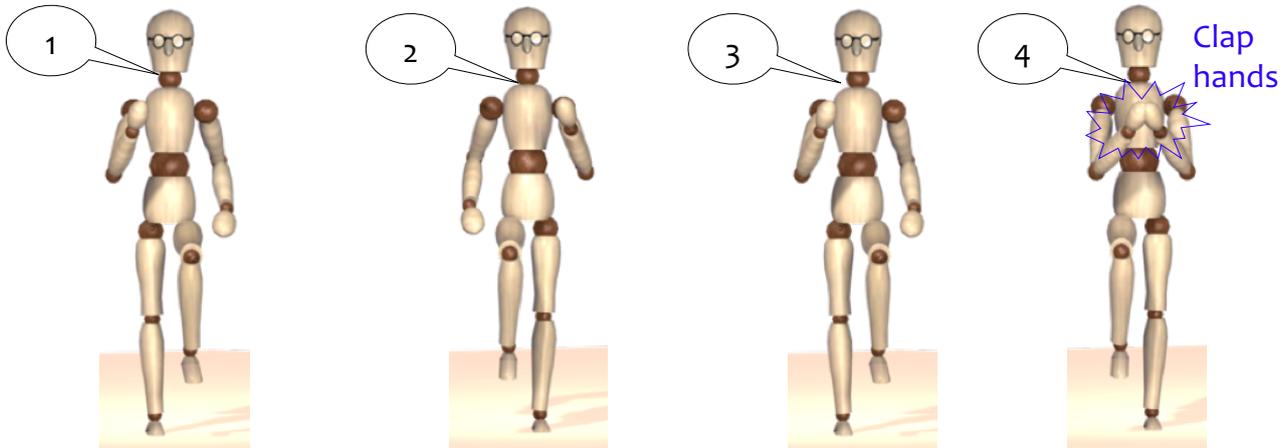
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## Marching in place + Cognitive task

Do not do this exercise if your walking speed is getting slow or if you have ever fallen down.

Step and clap your hands on multiples of 4 while counting the number of steps



### Here's the point!

- Step to the rhythm of your counting and clap your hands on multiples of 4. Continue to "30".
- When you get used to it, try clapping your hands on multiples of 3 or 5.

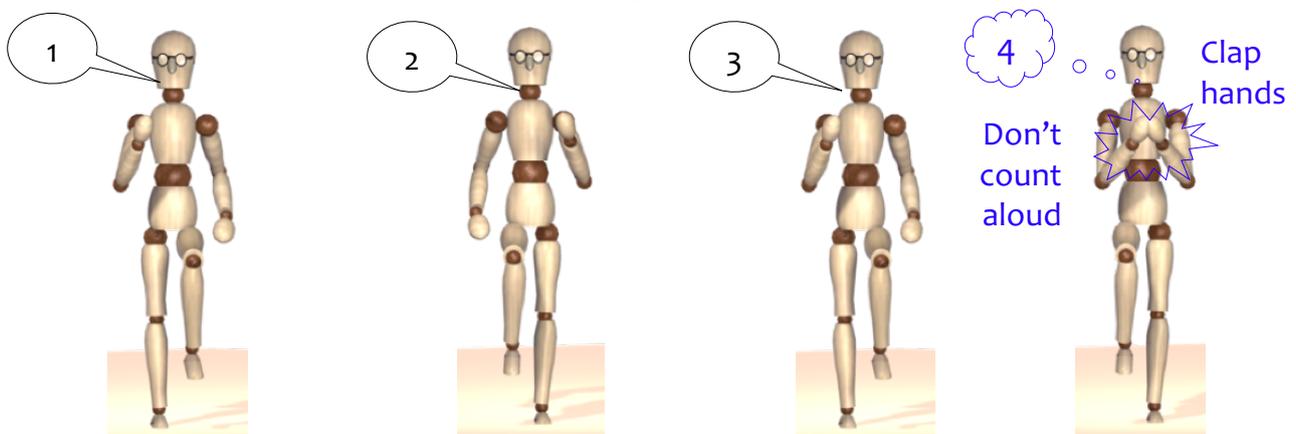
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## Marching in place + Cognitive task

Do not do this exercise if your walking speed is getting slow or if you have ever fallen down.

Step and clapping your hands on multiples of 4 while counting the number of steps, but **stop counting aloud** at that time.



### Here's the point!

- Step to the rhythm of your counting and clap your hands on multiples of 4, but don't say the number aloud when you clap. Continue to "30".
- When you get used to it, try clapping your hands in multiples of 3 or 5.

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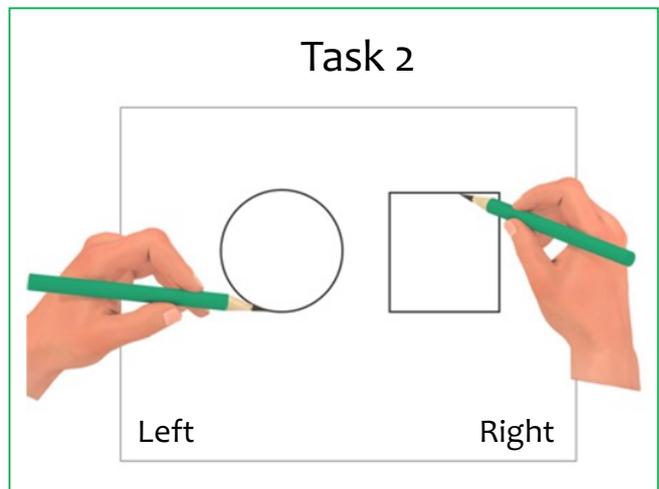
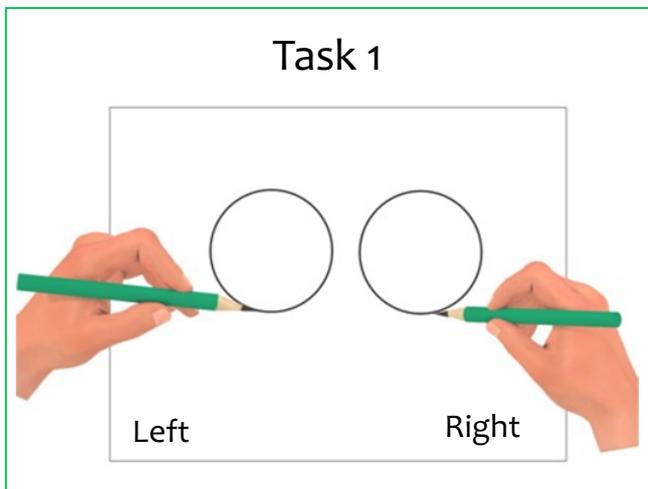
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Using each hand for a different task at the same time

Let's draw shapes.

Task 1: Draw the same shape (circle, triangle, square, etc.) with both the right and left hands.

Task 2: Draw different shapes at the same time (circle for right hand, square for left hand etc.).



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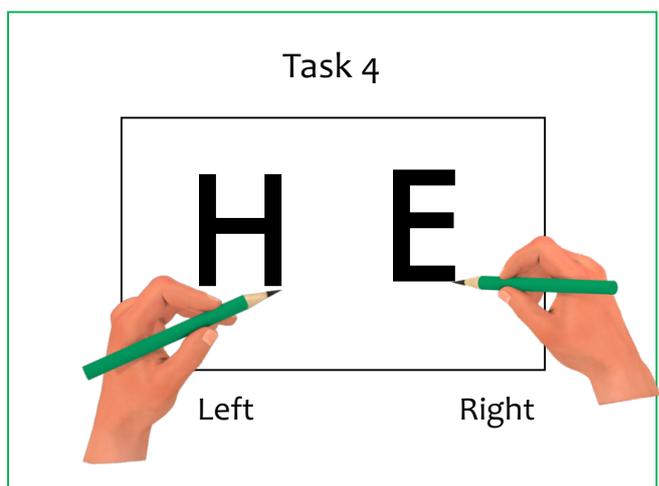
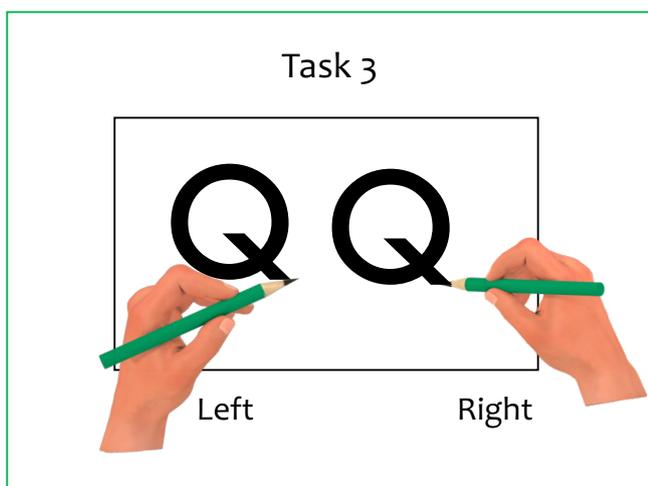
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Using each hand for a different task at the same time

Let's write letters.

Task 3: Write the same letter with both the left and right hands.

Task 4: Write different letters at the same time (E for right hand, H for left hand etc.).



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Using each hand for a different task at the same time

Let's move the right and left hands differently.

Task 5: Repeat rock, scissors, paper on the right hand and rock and paper on the left hand.

**Task 5**

**Right hand**

Rock Paper Scissors Rock Paper Scissors ... Repeat rock, paper, and scissors.

**Left hand**

Rock Paper Rock Paper Rock Paper ... Repeat Rock and Paper.

Task 6: When you can do this task, you can switch between the right and left hand tasks. Repeat rock and paper on the right hand and rock, paper, and scissors on left hand.

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Using each hand for a different task at the same time

Let's move the right and left hands differently.

Task 7: Repeat rock, scissors, paper in order with the left hand. Try to move your right hand so that it always "wins" over your left hand.

Task 8: When you can do this task, try to move your right hand so that it always "loses" over your left hand.

**Task 7**

**Left hand**

Rock Scissors Paper ... Repeat

**Right hand wins**

Paper Rock Scissors ... Repeat

**Task 8**

**Left hand**

Rock Scissors Paper ... Repeat

**Right Hand loses**

Scissors Paper Rock ... Repeat

\* When you can do all of these tasks, try switching the right and left hand tasks.



## Walking



- Take a walk for 20 to 30 minutes on a sunny day.
- Keep yourself hydrated well before, during and after your walk.
- Walking speed should be from “just right” to “a little fast”.
- Wear comfortable shoes with stable heels.
- If you want to increase the strength of your legs, take bigger steps forward or march. Please be careful not to fall down.



## Be careful



- Avoid walking in crowded places and care for physical distancing.
- You should wear a mask. However, walking with a mask during hot weather may cause heat stroke. You may remove the mask if you are at a sufficient distance from the people around you.
- Don't forget to wash your hands and gargle when you get home.
- If you have pain in your knees or lower back, or if you are worried about falling down, use a cane or pole to walk safely at your own pace .

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In this Cogni-pack, we introduced dual tasks such as doing an exercise and a cognitive task at the same time to stimulate both the brain and body. The National Center for Geriatrics and Gerontology has also developed a physical exercise and cognitive program called “Cognicise” to prevent dementia.



See the URL below for details on “Cognicise”.

<https://www.ncgg.go.jp/kenshu/kenshu/27-4.html>