



# spotlight on health

## To Stretch Those Mental Muscles, Try A Crossword Puzzle!

(NAPSA)—Just as exercise keeps the body healthy and strong, the mind can also use rigorous training and practice to help one stay sharp.

People looking for an enjoyable mental workout need not look any further than the crossword puzzle, which is often cited as one of the most popular and widespread games in the world. First appearing in a New York newspaper in 1913, the crossword puzzle has since attracted millions of devotees across the world, who complete crossword puzzles in nearly every known language. However, the crossword puzzle is more than just a diversion—it's also a beneficial tool to help people of all ages keep their minds sharp and astute.

As with any workout program, a daily crossword puzzle regimen can help you take on bigger and tougher challenges. With time and practice, people can ensure they are continuously keeping their minds ticking.

More companies are finding fun and creative ways to get people to flex their mental muscles with crossword puzzles. Nintendo, a company known for its fun, easy-to-play video games, is incorporating crosswords into the latest offering for its portable, handheld Nintendo DS system.

*Crosswords DS*, the newest Nintendo DS video game title, makes playing word puzzles easier and more fun than ever. Nintendo delivers favorite wordplay games playable on a portable system so they can be enjoyed while traveling, commuting or just as a leisurely activity. With *Cross-*



**Word games can be a fun way to keep minds sharp.**

*words DS*, there are no more eraser marks or shavings with the easy use of a stylus and touch screen.

The game includes more than 1,000 crossword puzzles, 200 word searches and a plethora of anagrams for mental stimulation. The games are broken down into three difficulty levels, including a fourth unlockable level for the more daring and adventurous. And unlike paper puzzles, help is available with the hint system. This allows individuals to move along at their own pace, making wordplay easy, accessible and fun for everyone from men, women, senior citizens, youth, casual gamers, commuters and crossword fans around the world.

*Crosswords DS* is available at most local retailers. Additional information about the game can be found at [www.NintendoDS.com](http://www.NintendoDS.com).