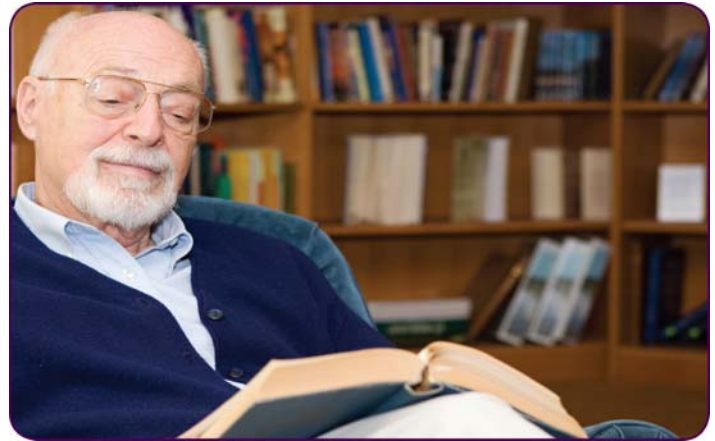


**TRAIN YOUR BRAIN
DECEMBER 2009
PROGRAM EVALUATION**

TOTAL PARTICIPANTS: 3,493
ONLINE REPORTING: 3,347, 3,167 compliant
ONLINE SURVEYS COMPLETED: 1,281

SURVEY RESPONSES

Did you enjoy this approach and program focus on the importance of cognitive fitness?
97% YES 3% NO



Have you become more responsible for your overall health habits and lifestyle during the past month as a result of your participation in Train Your Brain?
88% YES 12% NO

Will you participate in the next program – Healthy Dinner Club?
99% YES 1% NO

STATEMENT: 1- Poor, 2-Fair, 3-Good, 4-Very Good, 5-Excellent

Emails	3.57
Recipes	3.37
Website & Tracking	3.76
Overall Program	3.66

PERSONAL BEHAVIOR BEFORE PROGRAM

Daily brain training for 20 minutes	3.32
Mental health & well-being	3.41
Productivity work/home	3.42
Overall well-being	3.44

PERSONAL BEHAVIOR DURING AND AFTER PROGRAM

Daily brain training for 20 minutes	3.76	13% increase
Mental health & well-being	3.69	8% increase
Productivity work/home	3.69	8% increase
Overall well-being	3.68	7% increase

TRAIN YOUR BRAIN - COMMENTS

Very informative, an awesome way to get the info out.

Enjoyed!

I enjoyed this program, I was getting bored in a daily routine until I started this I am more alert have become even more organized at home I have lost 10 lbs! Thank you.

Great recipes!

Overall Train Your Brain is good. I train every day, I read, I cross stitch and focus on positive well-being.

I like completing these tasks even though I feel I do a lot of what is suggested. So even though I don't mark any improvement, it doesn't mean I don't enjoy these exercises.

Very enjoyable!

This was a real eye opener for me. Thank you!

Helped me realize that exercise is not the only requirement for good health.

Good program for my health and well-being.

I enjoy doing the daily brain exercises. Before the program, I did puzzles on a regular basis, but not every day.

Easy to check the box for credit regardless of level of participation.

Liked the games.

This made you take time out of your day to stop and read something more than just work stuff. I will continue to do this every day.

Although I have practiced brain training for 13 years, I loved the daily exercises. They were effective and entertaining.

This was a good class. A lot of good information.

I really liked the websites for brain teasers given on the initial email. Checked out several of them at home and enjoyed them. Never knew those type of sites were out there before this program. Thanks!

Once again, this was a very good program. I like the reminders every day.

This was an easy one for me because to relax after work I go home and play several puzzle games online.

I found this program to be very effective. Thanks!

I have found Suduko to be very good to keep my mind going. My wife discovered a game call "Set" that really taxes our brains.

Really liked this one.

This was an excellent jumpstart for me to continue this healthy habit.

Played chess with my teenage sons over the break almost every day. Great brain training and a great way to connect with my sons!

Like the brain games.

This program was stimulating! My wife plays Sudoku to accomplish this objective - I have developed my own tactics.

It's nice to know that being healthy can be fun. I really like brain games.

I absolutely love the quizzes and games. It gave a wonderful break from the day.

Good stuff.

Great program!

I enjoy daily crossword puzzles, Sudoku, etc. so this was an easy requirement to meet.

This program is very helpful for me. Thanks.

TRULY ENJOYED THE PROGRAM! GAVE ME A LOT TO THINK ABOUT GOING INTO THE NEW YEAR.

Thank you for this program I learned how to train my brain and be healthy. Thank you for encouraging us to do this kinds of programs.

Enjoyed the Brain challenging exercises and plan to continue to use them even though Train Your Brain has concluded.

Very much enjoyed the tools for working your brain. I already have started some others on my own.

Catching up on reading I have been wanting to get done.

I enjoyed the word puzzles. Similar to the game "Whatz It", I think.

Became more aware of setting some time off for mental exercises/ stimulation.

This session prompted me to incorporate daily brain teasers and puzzles into my routine.

Enjoyed it.

Will do it again.

Thanks for keeping us thinking about keeping up with our health. It is so important and even more so when you realize that what you do when you are young will make a big difference in how you feel when you get older. Thanks!