

MIND GAMES FOR YOUR HEALTH

Doing logic puzzles like Sudoku and KenKen is a great way to help sharpen your mind and keep your brain active and healthy. Each puzzle has a unique solution that can be reached logically without guessing. Good luck!

Complete the fill in the blanks (Part 1) and solve one OR both of the puzzles (Part 2) for your chance to win.



PART 1:

First, read the Healthy Minds Matter newsletter to learn more about mental health. Then, using the numbers listed below, fill in the blank with the correct number to complete the sentence.

1. One in every ___ Canadians will have a mental health problem at some point in their lives.
2. ___% of Canadian adults between the ages of 34 and 54 reported being stressed daily.
3. Adults who have higher levels of anger have a ___% greater chance of developing coronary heart disease than those who don't.
4. About ___% of Canadians with a mental health illness will develop an addiction.
5. Mental health illness is estimated to cost the Canadian economy ___ billion dollars a year.

Numbers to use in Part 1: 28 5 30 51 31

PART 2:

Solve one OR both of the puzzles. To learn how to play, see game rules below each puzzle.

Sudoku Puzzle

3	4			6			5
		1		9			2
		2		8	4	3	7
4	7	5		8			
	5	6		1		7	3
			2		7	4	6
	7	3	8	5		2	
9				4		1	
8			9				6 3

Sudoku Rules:

- Complete the puzzle by entering a digit from 1 through 9 in each cell, in such a way that:
- Each horizontal row contains each digit exactly once.
 - Each vertical column contains each digit exactly once.
 - Each subgrid or region contains each digit exactly once.

KenKen Puzzle

2÷			3×	
8+				4
3-			4	6×
	2÷			

KenKen Rules:

- 1) Each row and each column must contain the numbers 1 through 4 without repeating.
- 2) The numbers within the heavily outlined boxes, called cages, must combine using addition, subtraction, multiplication, or division as indicated (in any order) to produce the target numbers in the top-left corners.
- 3) Freebies: Fill in single-box cages with the number in the top-left corner. (Hint: this is a good place to start solving the puzzle.)
- 4) A number can be repeated within a cage as long as it's not in the same row or column.

Name: _____

Department: _____

Email: _____

