

Some people think that is important to use leisure time for activities that improve the mind , such as reading and doing word puzzles. Other people feel that is important to rest.

The human mind works more and more ,it will grow far more analytical. Doing cross word puzzles and reading or solving mysteries ~~are resulted~~ result in more workout of the human mind.

Firstly, we should consider how teenagers or others, caring about their time. Some employees like to rest after work but others like to do every thing they want.

Second, some people believe that fruitless exercise or hard activity lead to expand their mind.

To put it other way, some scientists thought that people should enjoy their time and do some fun activities in their life.

Improve the human mind is something that can be summarized as follows. It seem to me ~~tgat that~~ physical or mental activities are essential for us and give rise to amending the human mind. This is a good idea to use all our time for making the brain more effective as well as being more useful.