

## **CHESS WAS DESIGN FOR YOU AND EVERYONE: FACT YOU NEED TO KNOW**

### **ABOUT THE GAME OF CHESS**

Chess game has been classified for the elite group, philanthropists, gentlemen, gifted people and the genius's ones. People do believe that the game was solely meant to be played among the above-mentioned class of people. If an individual was inquired their point of view when they hear 'chess player', it would be 'rich and old', 'smart', 'genius', 'talented', and many other things, unrelated to everyday people flash through their mind first. The misconceptions are blindly followed by people.



The reality of chess is broadly different. It is a constructive recreation because playing chess improves how the brain functions better. Chess improves strategic thinking and attention improvement. Vast benefits are directly related to the practice of chess, both in real-world and virtual environments, which means that chess has the answer to the question 'Is there a game where I can benefit from while playing?'

**Let's go through some of those benefits in more detail:**

**The functionality of the Brain:** the brain is so incredible, it is accountable for our mental operations and it is the most crucial organ in the human. When the brain has no stimulus, the cells inside slowly die. However, chess is a tool that gives its users a rigorous mental training. Let's look at an illustration: For one to get sufficient benefit from a physical workout, you are expected to exercise both the right and the left sides of your body. Surveys have it that in order to play chess well, a player must utilize and develop his or her brain's left hemisphere, which deals with object recognition, as well as the right hemisphere, which deals with pattern recognition. Thanks to the rules and techniques involved in the game over time, playing chess will effectively develop and exercise not one but both sides of your brain. Research also claims that playing chess can help improve mental age by up to 14 years. Isn't that a great workout?

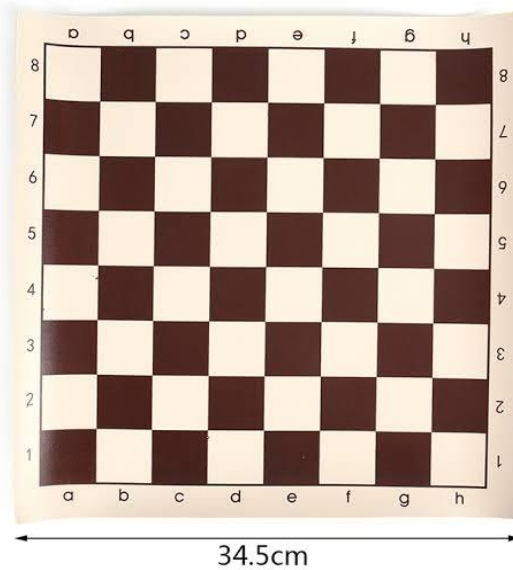


- **Upgraded Memory:** Research has also shown that chess helps keep Alzheimer's disease at bay, which is related to the loss of memory. There are numerous tactics and strategies in chess and a good player should know most of them, but it is not the case of learning the tactics by heart. Over the lessons from multiple games, players develop a natural feeling of when to use certain tactics or strategy. This is where the goal of improved memory sets in. Players can use and remember different tactics or strategies. The decent part is that this benefit is not only limited to chess, but improved memory can also be noticed in other areas of life such as responsibilities, academic performance, commitments among others.

- **Upgraded Cognitive Abilities:** Cognitive ability is a very vast term, it includes perception, language, executive functions and also visual and spatial processing. These lists are bigger and it covers virtually everything that you do. For example, the function that aids you to immediately acknowledge or identify that the thing in front of you is square-shaped and not round. While playing chess, every cognitive ability is stimulated because the game covers every part of our actions. So the next time you come across chess players playing, imagine the 'exercise' they're going through.



• **Thinking Strategically:** Chess has been examined to be a strategy-based game. This means that in order to win, you must develop a promising plan of action than your opponent. But no one is born with the ability to design great and sound strategic moves, it must be discovered by practicing more and more. To most people, the strategy is associated with businesses planning to improve productivity or with war and army generals planning their attacks with strategic moves. Just like a general controls his men, a chess player also controls his or her own pieces (onboard) in a battle of black and white within the 68 squares on a chessboard. So playing the game greatly enhance the ability to develop distinct strategies and plans. A sound strategic mind is remarkably more productive because it develops the best plan of action for every task at hand. Also, strategic thinkers are life redeemers in work and academic environments, because everything is designed one step ahead and there's always a plan B and more if necessary.



• **Attention development:** the epidemic of the 21st century is Attention-deficit/hyperactivity disorder (ADHD). Adults and teenagers alike are finding it hard and harder to focus at work and school, less is being done and productivity falls rapidly. There are promising ways of dealing with then heading to your local pharmacy. Chess requires attention, in other words, if your attention is not directed on the game you lose, simple as that. With such an immediate penalty for lack of concentration, the mind is trained to be attentive and focused. This has impacted inadequate achievement in schools and workplaces, less time consumes and more victories are accomplished.

Now that you know the truth about chess, it should be more than enough motivation for you to learn the game (for those who haven't done that). To those with the knowledge, go ahead and win yourself a match or two. There is a huge community of fellow chess players and coaches waiting for you at [Lichess.org](https://lichess.org) and also on [chess24.com](https://chess24.com) where you can develop and learn about the game and also improve your games.