

Six Ways to Build Better Brainpower



Research shows that older adults who lead active, stimulating lives keep their brains fit and healthy, too. Your mind needs “exercise,” just like the rest of your body.

Some mind-stimulating tips include:

- Learn something new—or try something different—every day. Studies show that curiosity keeps people mentally sharp.
- Play mind-stretching games such as Scrabble, chess, and cards.
- Do the crossword puzzle in the daily newspaper.
- Read books and magazine articles about subjects of interest to you.
- Attend lectures, plays, and exhibits, and watch educational television.
- Use memory aids, such as appointment calendars, “to do” lists, and
- Post-it notes.

Also, concentrate on what people say, repeat what you want to remember out loud, and associate an action with an object (like leaving your tote bag near the door so you remember to take it with you when you leave).