

6 ways to build better brainpower

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.

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.
- Stay connected with social activities and community programs. Visit with family and friends. Consider volunteering or join a group focused on a hobby you enjoy. Join a walking group with other older adults.

