

# 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.

