

Healthy Aging Requires You To Challenge Your Brain

Don't let age limit you. You have the ability to change your brain at any age.

The evidence today regarding the benefits of what most people consider "brain games" is weak to non-existent.

TIP 1

Find new ways to stimulate your brain and **challenge the way you think**.



TIP 2

Choose activities that involve both **mental engagement and physical exercise**.



TIP 3

Seek out mentally-stimulating activities that incorporate **social engagement and greater purpose**, such as volunteering or mentoring.



The GCBH defines cognitively-stimulating activities as mentally-engaging activities or exercises that challenge a person's ability to think.