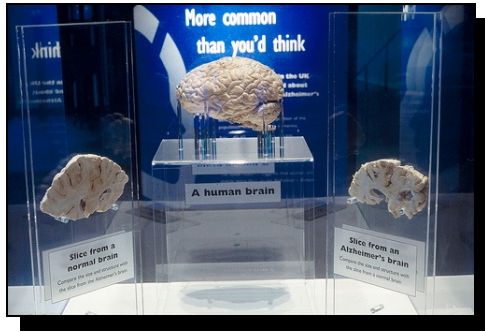


The Importance of *MENTAL EXERCISE* as we age ...



An active brain contributes to a more enjoyable life and Research shows that mental exercise is as important as physical exercise in maintaining a youthful appearance and outlook.

Research is also showing that games, puzzles, and other types of brain training may help slow memory loss and mental decline.

The brain is remarkably “plastic” even into old age; this means that new connections can be formed between your brain cells at any age, and you can stimulate this neural growth by taking up new activities.

SUGGESTIONS FOR A BRAVE NEW WORLD ... TRY SOME OF THESE ...

Learn a foreign language
Work on challenging puzzles,
Crossword puzzles.
Sudoku.
Read ... choose book topics you find fascinating but know little about, to stimulate cognitive development.
Learn to play Bridge.
Travel.

Learn about finance.
Volunteer.
Play Chess; or learn to play Chess.
Attend lectures on topics that fascinate you.
Watch documentaries.
Research subjects you love, and write a book.
Write your own biography.
Go back to University, or just go to University!

There are many sites online that will provide you with hours of endless amusement and brain-sharpening games. These are just some that you can copy & paste into your browser ...

<http://sharpbrains.com/brainteasers/brain-games-and-teasers-top-50/>

<http://www.mind-development.eu/stages-development.html>

<http://www.gamesforthebrain.com/>

<http://www.lumosity.com/>