

Decrease Your *Brain Age*

Improve your mental fitness and harness the power of your brain at any age with these simple tips.

1 PLAY GAMES

"Workout" your brain with games that rely on logic, word skills, math and more! Just 15 minutes every day can improve your brain's speed and memory.

3 RELAX & MEDITATE

The average person has a non-stop flow of 50,000-70,000 thoughts per day. Engage your brain in a new way with meditation! Proven cognitive benefits include memory improvement, stress reduction, increased focus, and mood enhancement.

5 FILL YOUR LIFE WITH MUSIC

Music engages both sides of the brain simultaneously. Listening to music can impact memory, focus, and attention. Playing an instrument is even better for mental development.

2 SHAKE UP YOUR ROUTINE

Force your brain to wake up by challenging the tasks that have become "second nature." Change routes at the grocery store, use your opposite hand to open doors, and eat dessert first.

4 LEARN A NEW SKILL

You don't have to master it, but learning a new skill challenges your brain and gives you something to think about. Take a cooking class, read Shakespeare, or learn a new language.

6 EXERCISE YOUR BODY & YOUR BRAIN

Exercise could be the most important thing you do to keep your brain in shape. It actually increases the number of cells in the hippocampus, your brain's memory center. Even low-impact activities like walking and yoga increase vitality. For added benefits, exercise outdoors!

