

# VitaMin

Vital health information in a minute

From the couch to the classroom

## GIVE YOUR BRAIN A BOOST

**Have you learned something new lately – just for fun or for yourself? Learning isn't just for kids, it's for everyone. And it can help you feel young at any age.**

Exercising your mind can boost brain health. And it may be one of the secrets to living a long, healthy life. Research suggests that staying mentally and socially active may help keep your mind sharp and even reduce your risk for Alzheimer's disease and other forms of dementia.<sup>1</sup>

### **“Don't make me think”**

When your brain is drained after a long day it feels good to unwind on the couch, right? It's hard to dive into an activity that requires mental energy. But it's worth a shot – you may actually feel more energized when you engage your mind in new ways.

Try an activity that takes you in a different direction. If you crunch numbers all day at work, try a cooking class or build

a model airplane. If you work with your hands, go to a music concert or join a book club.

### **Explore community programs**

Take advantage of opportunities through your local community education center, library or college. Check out local parks and museums for special events and programs. Keeping your mind fit can be a fun and rewarding adventure.

Source:

<sup>1</sup> [http://www.alz.org/we\\_can\\_help\\_brain\\_health\\_maintain\\_your\\_brain.asp](http://www.alz.org/we_can_help_brain_health_maintain_your_brain.asp)



**Take a new class.**  
Learn another language.  
Drive a different route.



**Visit a new place.**  
Prepare a different food.  
Try a new sport.



**Join a group or club.**  
Dabble in new technology.

**GO YOU<sup>®</sup>**



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