Staying Sharp as You Age

Aging is inevitable, but that doesn’t mean we have to slow down – either physically or mentally. Try these tips to keep you mentally sharp at any age:

• Play games. Flex your mental muscles with games that challenge your mind like crossword puzzles, Sudoku, or one of the new brain-training memory games available online.

• Stay social. Social activity not only keeps your brain engaged, but can ward off depression. Consider volunteering in your community, joining a book group, or just finding new reasons to get together with friends.

• Get active. Staying physically active can boost your brain power. Consider 30 minutes a day a good investment.

• Take the hard route. By skipping all the handy devices that do things for you, your brain has to work a little harder. Writing things down can boost your chances of remembering it.