

Whether we like to admit it or not, getting older has a significant impact on our cognitive functions. In some cases, we are able to stave off forgetfulness and confusion by challenging our minds daily with the following activities. Here are some simple ways to help us keep our minds sharp as we age!

- 1. Exercise**—increase your blood flow, strengthen your muscles and maintain your balance by doing simple exercises daily.
- 2. Maintain a Healthy Diet**—as easy as it is to reach for the unhealthy snacks and meal choices when hungry, make it as easy to reach for foods like nuts, fruit, proteins and vegetables.
- 3. Listen to Music**—there have been many studies linking regular listening to music to increased cognitive function and memory. Put on background music throughout your day to see if it makes a difference!
- 4. Read**—this is a surefire way to test your mind in remembering characters and plots laid out in books.
- 5. Rest Up**—there is no substitute for a good night's sleep! Sometimes, if the day allows, take a nap too! Rest is vital for one's clarity and focus.
- 6. Sit up Straight**—sometimes it is easier to slouch or lounge around, but it might actually be doing you a disservice. Sit up and concentrate on your posture. There have been studies to show that this actually can make a difference in one's cognition.
- 7. Be Artistic**—it is not just a craft or a mindless exercise! Challenge yourself to take an art class or keep a notepad to draw in when you have a free moment. You may be surprised at your hidden talents!
- 8. Puzzles and Crosswords**—these are meant to challenge anyone at any age. You are exercising your mind's ability to problem solve when working on puzzles or word games.
- 9. Try Something New**—this can be daunting for some, but trying to learn a new language or how to use a computer or participating in a new group activity is a great way to stimulate the mind.
- 10. Write Things Down**—it may not be something you've done before in your life, but keeping notes or a journal keeps you on task and is a great way to remind yourself of things you want to do!

Simple Ways to Keep Our Minds Sharp as We Age



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