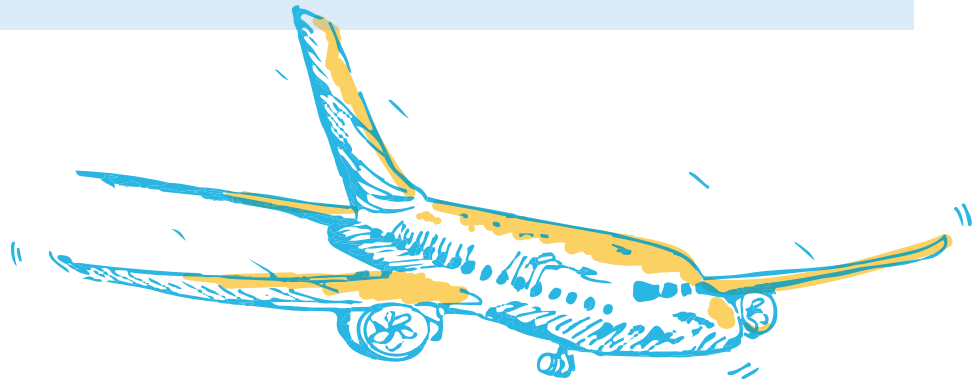
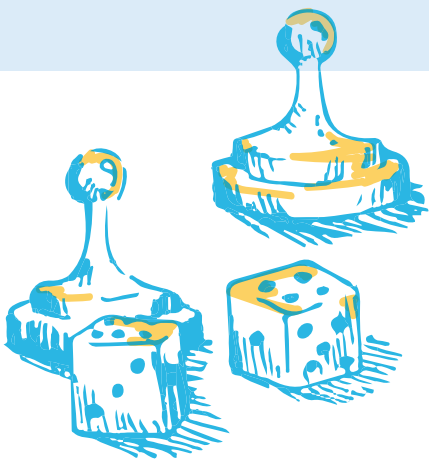


6 ACTIVITIES TO BOOST YOUR BRAIN

While there are no clear-cut answers on preventing dementia, research has yielded valuable insights into how different aspects of our life affect our brain. Diet and exercise are well-known factors for brain health, but what else can you do to keep your mind active and bolster the effects of diet and exercise? While some claim daily Sudoku puzzles or brain-boosting apps will stave off dementia, research indicates that we just become more proficient in completing those tasks alone. Instead, we recommend engaging in these 6 fun activities!



01

GET SOCIAL

Humans are social by nature; there's no question that engaging with others is a good way of stimulating your mind. Mix up your social interactions by seeing a concert or play, hosting a board game night, or going shopping or hiking. The key here is to take advantage of the environment you're in and interact with others.

02

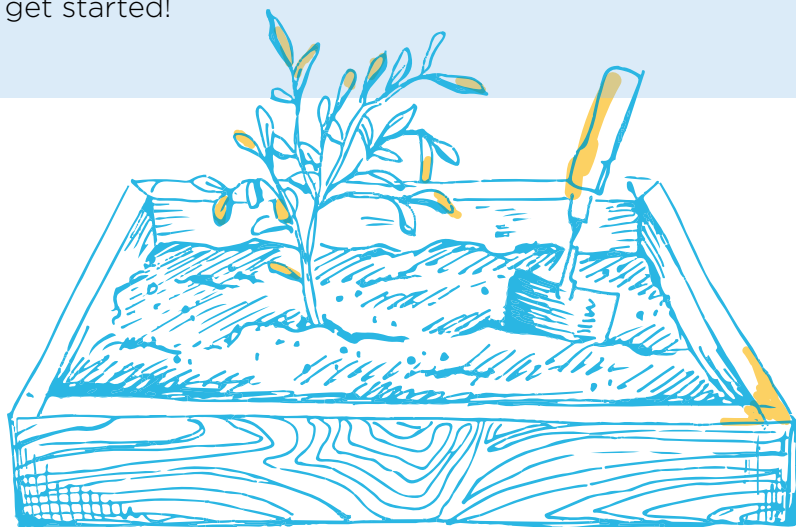
TRAVEL

Travel can be a great way to engage your mind. It hones your social skills and exposes you to new sights, smells, and sounds. Travel is also a great way to break away from many of the stresses that can often engulf our day-to-day lives. Take a week or a weekend with friends or family to give your mind a fresh perspective.

03

VOLUNTEER

You can help yourself while helping others. Aside from the obvious benefits of being active in a social environment, it warrants other perks too! Volunteering boosts your sense of purpose and can even teach you something new. Reach out to your local animal shelter, food bank, or nursing home to get started!



04

DANCE

Whether you have been dancing for a while or are just starting, dancing can be a fantastic way to boost your brain. When we dance, the music stimulates our brain's reward centers while the movement engages its sensory and motor circuits. Combining the conscious thought on specific movement with efforts to commit it to muscle memory is a great way of boosting our brain function and is even being used in different forms of therapy. Don't forget about the physical activity dancing provides! A healthy cardiovascular system is a great way to help protect your brain, and dancing can be a fun source of aerobic activity. With so many types of dance to choose from, there's something for everyone!



05

LEARN A NEW LANGUAGE

It's never too late to learn another language. Given the complexities of understanding and using language, there's no question it's a great workout for our brains! Learning to speak another language offers more than the ability to simply talk to someone else; it also opens the doors to a new way of experiencing other cultures and connecting with people. It doesn't have to be a solo activity either. Learning a new language with others can be a great social activity while giving your brain a good workout. Don't underestimate the importance of knowing another language while traveling; it can enhance a travel experience as it allows you to further immerse yourself in the local culture!



06

PICK UP AN INSTRUMENT

You don't need to join a band to benefit from playing an instrument. If you never learned how to play one before, why not start now? Learning to play a musical instrument has shown to have some pretty substantial benefits: it can improve verbal memory, spatial reasoning, and literacy skills. Music also reduces stress, which benefits both the heart and mental health. Playing music does not have to be done alone either! Whether you're learning with a group or joining a group to play, it's a fun way to add social engagement to your daily life.

