



## **Keeping Active is One Key to Mental Fitness and Vitality!**

We all know how essential it is to maintain a healthy body, but maintaining a healthy mind is equally important as we age. Staying mentally fit can benefit your brain as you grow older.

Like other parts of our body, our brains may lose some dexterity as we age. There is no fail-safe way to prevent memory loss – no magic medicines or vitamins – but there is good evidence that a healthy, active lifestyle and diet could reduce your risk of memory loss in the years ahead.

So flex your mind, body and spirit. Here are some ways:

**Keep it Social.** Maintain an active, busy life by volunteering, connecting with friends, or joining a club. Attend lectures and plays with others.

**Remain Active:** Stay physically active through exercise...walking, bicycling, gardening, yoga...whatever you enjoy...it doesn't take much time, just about 30 minutes daily to get the body moving and heart pumping.

**Challenge Your Mind:** Keep your brain active every day by learning a new skill or engaging in a complex mental activity like chess. Enroll in courses at your community college or recreation center. Play games, read, solve word and number puzzles, or try memory exercises.

**Take a Good Look at Your Lifestyle:** Keep you emotional stress in check, watch what you eat, keep track of your blood pressure and minimize use of alcohol and tobacco – over time, these things can harm the brain. Working these tips into your daily routine is a great start – they are key to preserving and enhancing our overall health, well being and vitality in the years ahead.