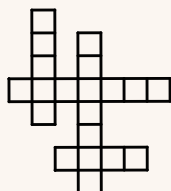


## 1. Jigsaw Puzzles

Completing a jigsaw puzzle can be a good way to pass the time and may also benefit the brain. Puzzles activate many cognitive functions, including:

- perception
- mental rotation
- working memory
- reasoning



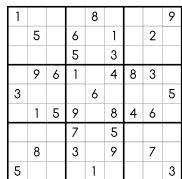
## 2. Crossword puzzles

Crossword puzzles may stimulate the brain.



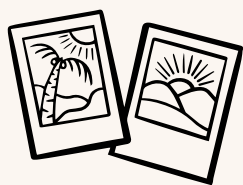
## 3. Visualization

Visualization involves forming a mental image to represent information. The mental image may be in the form of pictures or animated scenes. It helps people organize information and make appropriate decisions. People can practice visualization in their day-to-day lives. For example, before going shopping, people can visualize how they will get to and from the grocery store and imagine what they will buy when they get there. The key is to imagine the scenes vividly and in as much detail as possible.



## 4. Playing Number puzzles

Number puzzles, such as sudoku, can be a fun way to challenge the brain. They may also improve cognitive function in some people. Adults aged between 50 and 93 years found that those who practiced number puzzles more frequently tended to have better cognitive function.



## 5. Playing Memory games

Some types of video games like Lumosity may support the brain. Those who play video games have better:

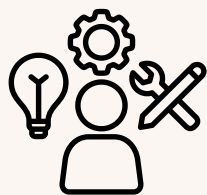
- Attention
- Memory
- reaction times



## 6. Socializing

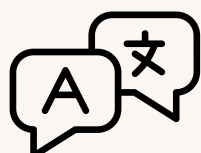
Enjoying the company of friends may be a mentally engaging leisure activity and may help preserve cognitive function. People with more frequent social contact were less likely to experience cognitive decline and dementia. Some social activities that may help stimulate the brain include:

- having discussions
- playing games
- participating in social sports



## 7. Learning new skills

Learning new skills engages the brain in different ways and may help improve brain function. Older adults found that learning a new and cognitively demanding skill, such as quilting or photography, enhanced memory function.



## 8. Learning a new language

“Bilingualism” refers to the ability to speak two languages. Bilingualism increases and strengthens connectivity between different areas of the brain. The researchers propose that this enhanced connectivity may play a role in delaying the onset of Alzheimer’s disease and other forms of dementia.



## 9. Listening to music

Listening to music a person enjoys engages and connects different parts of the brain. The researchers propose that this may lead to improvements in cognitive function and overall well-being.



## 10. Learning a musical instrument

Learning an instrument exercises parts of the brain that are responsible for coordination. Playing an instrument could lead to a decreased risk of dementia among older adults. Musical training may also benefit brain functioning in adults.



## 11. Taking up Engaging Hobbies

Taking up a new hobby can be mentally stimulating and exercise the brain in new ways. Engaging in hobbies can help promote healthy aging and improve mental well-being. Hobbies that require coordination or dexterity will activate a person's motor skills. Such hobbies may include:

- knitting
- embroidery
- drawing
- painting
- dancing



## 12. Exercising regularly

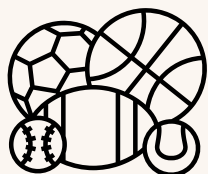
Regular physical activity or exercise is beneficial for both the brain and the body. Exercise may help improve cognitive function in older adults. Regular moderate-intensity aerobic exercise and resistance exercise may be particularly useful.



## 13. Dancing

Regular physical activity can help prevent or delay the onset of conditions like dementia. Dancing could benefit older adults with mild cognitive impairment by improving:

- global cognition
- cognitive flexibility
- memory
- visuospatial function
- balance

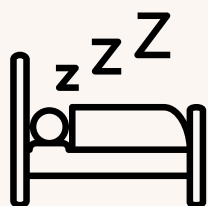


## 14. Engaging in Sports

Certain sports are both physically and mentally demanding. Some require a range of cognitive skills, such as:

- sustained attention
- planning
- multitasking
- the ability to adapt rapidly to changing situations

Elite athletes who participate in high demand sports tend to have improved attention and faster information processing speeds.



## 15. Sleeping

While not necessarily active exercise, sleep is crucial for both the brain and the body. Most adults need between 7 and 9 hours of sleep each night, although many people get less sleep than they need. sleep has been proven to:

- boost memory recall
- reduce mental fatigue
- regulate metabolism
- Contrastingly, sleep deprivation can negatively impact a person's reaction times and mental states.

Making sure to get enough sleep each night is an important step toward maintaining a healthy brain.