

## Top 20 Activities to Jumpstart Your Brain: Tips from Dr. Paula

1. Learn a new word every day, including its spelling, origin, and meaning.
2. Visit museums regularly.
3. Read and discuss news articles and watch in depth news programs.
4. Attend musical concerts, or better yet, practice a musical instrument or join a choir.
5. Engage in aerobic exercise 3 times a week.
6. Eat a heart healthy diet with plenty of fruits and vegetables.
7. Join a walking club, take a yoga class, or hire a personal trainer.
8. Join a book club.
9. Go to stimulating lectures; take a class in a local college or adult learning program.
10. Record your thoughts in a journal.
11. Regularly watch shows on PBS.
12. Volunteer for an organization or cause that is new to you.
13. Do crossword or Sudoku puzzles, or play Scrabble or card games requiring skill.
14. Write your memoir.
15. Memorize poetry or bible verses, or excerpts from a play.
16. Write a letter to the editor of the newspaper on a topic for which you have a strong opinion. Be sure to research your facts first.
17. Study maps of the world and learn some geographic facts.
18. Play computer brain games or chess against a computer.
19. Learn a new language or practice one you haven't studied in years.
20. Vacation in an area you have not visited previously.

The main idea is to engage in novel, fun, learning opportunities.

Paula Hartman-Stein, Ph.D.

Center for Healthy Aging