

HOBBY NEWS AND NOTES

Brain Power Improvers

(NAPSA)—Studies suggest that exercise, mental and physical, can help improve cognitive function at any age. Even the brains of older adults can grow and develop by learning new skills.

Hobbies can be an excellent source of mental stimulation and creativity, and bring the added benefit of a sense of satisfaction when completing a project. By



Exploring the many choices hobbies have to offer can help keep your brain in gear.

using your hands and brain in model railroading, flying a radio-controlled plane, getting involved with collectibles or enjoying games and puzzles, you can be exercising your brain, improving your memory and reducing stress.

Late-life memory loss is now being attributed to multiple causes: sedentary lifestyle, chronic stress and lack of intellectual engagement. Hobbies offer a great outlet for increased physical activity and dexterity, stress reduction and mental challenge.

An excellent place to explore all the benefits that hobbies have to offer is My Hobby Fun at www.myhobbyfun.com, where you'll also find links to nearby hobby shops.