



PROTECTING OUR HEALTH

Game Play Is Not Just Good, But Great For Adults

(NAPSA)—Research has demonstrated that any activity that uses problem-solving skills such as working on puzzles or playing memory games will slow age-related declines in mental ability and actually strengthen these skills.

“Performing stimulating activities can slow age-related declines in mental ability, dementia, cognitive decline and maybe even Alzheimer’s disease, and can actually reverse the declines associated with aging and disuse,” said Michael F. Roizen, MD, founder of RealAge, professor of anesthesiology and internal medicine at SUNY Upstate Medical University, and *New York Times* best-selling author. “As we get older, our memory and other mental abilities become impaired if we do nothing to prevent that change. We see this play out in driving skills, memory recall, overall quickness and personal interactions. None of us are immune to these results of aging but, fortunately, games that sharpen problem-solving skills slow this type of decline.”

Learning new skills or tasks is one of the best ways to maintain a high level of cognitive function. The fundamental skills that we must exercise include memory, pattern recognition and matching, strategy, collision detection and avoidance, target acquisition and resolution, and hand-eye coordination. These are the same fundamental skills used to perform everyday tasks like driving a car, planning and managing your schedule or unpacking groceries—tasks essential to independent living.

A new computer-based collection of 30 games from a variety of gen-



BRAIN GAMES—Performing stimulating activities can slow age-related declines in mental ability.

res, *RealAge Games & Skills* requires users to learn new skills and challenge each of their fundamental motor and mental skills. Additionally, because they are played on a PC, these games provide a built-in, non-judgmental opponent and allow players to take risks they may not take with a live opponent. Having stimulating games at your fingertips also means fewer obstacles to improving your memory—you don’t have to wait for card night or the weekly crossword; you can play as often as you like and stop when you are tired. Additionally, the practice and feedback that *RealAge Games & Skills* provides helps players improve performance.

Getting older can be a sensitive topic and sometimes difficult for friends and family to address directly. To ease into the topic, consider giving the gift of memory with *RealAge Games & Skills*. For more information on the benefits of game play for adults, visit www.realagegames.com.