

Healthy Ideas



Many People Find Exercising The Brain Wards Off Aging

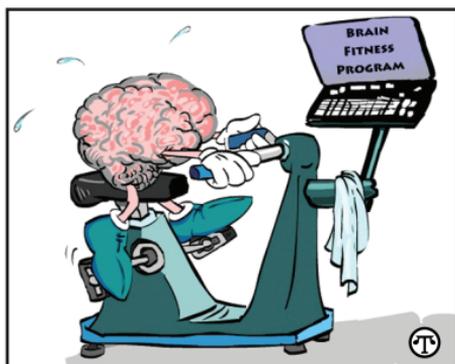
(NAPSA)—Here's something to think about: You need to exercise your brain just as you do your muscles. Mental stimulation improves brain functions and actually protects against cognitive decline, say neuroscientists from the Brain Plasticity Institute. According to a recent survey by the Institute, respondents said as they age, they are more worried about their brain health than they are about physical fitness, adult children concerns or retirement money.

Exercising the brain with challenging activities ignites the receptors that lead to new neuronal pathways, making you feel more aware—thinking faster, focusing better and remembering more.

Many people have found improvement by training their brains in stimulating ways such as:

- Learning to play a musical instrument such as the piano;
- Taking classes at the local community center or college;
- Studying a new foreign language like Spanish or Japanese;
- Meditating for 20 minutes a day;
- Training the brain with brain fitness software.

Training the brain with computer software? Yes. Brain research has caught up with interactive technologies to produce game-like exercises that actually help people improve their quality of life. A software package called The Brain Fitness Program from Posit Science helps improve how your brain processes what you “hear,” allowing you to remember



Many people have found that exercising the brain as well as the body can help ward off aging.

information better and later use details of a conversation or repeat a person's name. InSight brain fitness software improves the quality and quantity of the information your brain processes from what you “see.” Studies prove the training speeds up brain processing, allowing the user to notice more and react quicker, as well as:

- Improving memory by the equivalent of 10 years;
- Decreasing threat of tripping and falling;
- Reducing risk of car accidents by 50 percent;
- Tracking multiple objects such as a tennis ball during a match;
- Discerning language patterns such as rapid speech.

The easy-to-use software was developed from clinical research and testing by scientists at major health institutions such as Mayo Clinic, Johns Hopkins and University of Southern California. To learn more, visit www.PositScience.com or call (866) 599-6463.