



Cognitive Exercise

What is Cognitive Stimulation?

Cognitive exercise is a challenging activity done regularly that stimulates your brain. There are many things that you can do to exercise your brain, either socially or by yourself.

Why is Cognitive Exercise Important?

Exercising your brain can help you maintain or even improve your attention, memory, problem-solving, creativity, and thinking skills no matter what your age. An active brain is a healthy brain!

How can I Exercise my Brain?

Examples of Cognitive Exercise Activities that You Can Do by Yourself:

- Doing Crossword Puzzles
- Reading Newspapers, Magazines, Books
- Completing Sudoku
- Writing a journal, stories, poetry
- Listening to Podcasts

Examples of Cognitive Exercise Activities that You Can Do with Others:

- Playing cards or board games
- Going to the theatre or to a movie
- Visiting museums and art galleries
- Joining interest groups like knitting, book club, crafting

Learning Something New is also Good Exercise, for example:

- Taking a cooking class; making a new recipe
- Learning or re-learning how to play a musical instrument
- Learning a new language



For more information, please contact Dr. Therese O'Neil-Pirozzi, Lab Director
t.oneil-pirozzi@northeastern.edu

Developed by: Narineh Torosyan, Haley Bouchard, & Sierra Still
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Resource:

National Aging Institute, NIH (2017). Participating in Activities You Enjoy- More Than Just Fun and Games. Retrieved from November 17th, 2020, from <https://order.nia.nih.gov/sites/default/files/2017-11/participating-in-activities-you-enjoy-tip-sheet.pdf>