


Favorite Ways to Keep Your Brain Sharp

Hey, Brain! Try this out.

They say the most successful people in this world are lifelong learners. But did you know learning something new also may help maintain cognitive fitness? Tackling a new skill can be a fun and effective way to keep your brain sharp. Sound overwhelming? Check out this list for a variety of fun ways to expand your talent and strengthen your mind.

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1. Write a joke.
 2. Attempt a basic home repair.
 3. Try a new fitness class.
 4. Keep a journal.
 5. Visit a museum.
 6. Take a cooking class.
 7. Use a coloring book.
 8. Try meditation.
 9. Stroll the streets of a new neighborhood.
 10. Decorate a cake.
 11. Make someone a DIY gift.
 12. Learn a few new dance moves - waltz, swing, polka.
 13. Plant fresh herbs for a kitchen garden.
 14. Juggle.
 15. Plan a picnic.
 16. Read a classic novel.
 17. Scrapbook.
 18. Start a book club.
 19. Write in calligraphy.
 20. Make up a song or jingle.
 21. Try your hand at a magic trick.
 22. Learn basic sign language.
 23. Solve a Rubik's cube.
 24. Borrow books from the local library.
 25. Learn common phrases in a new language.
 26. Look up your family ancestry.
 27. Invent a new recipe.
 28. Play an instrument.
 29. Tie a bow tie or knots.
 30. Stargaze and identify constellations.