

# **An Active Brain is a Happy Brain**

*Brought to you by Dakim BrainFitness*

From lifelong learning to positive thinking to eating nutritious foods, we'll show you what scientists have learned about staying sharp.

Your brain's ability to change and reorganize itself in response to learning and experience affords you a great opportunity: You can choose to follow a lifestyle that maximizes your "brain power," which will keep the engine of learning revved up as you age.

Large, well-designed studies of older adults have clearly shown that a lifestyle that includes stimulating mental activity—especially in terms of social interaction—is associated with successful aging.

The largest controlled clinical trial to date, funded by the National Institutes of Health (NIH) and reported in the Journal of the American Medical Association, found that cognitive (mental) "training sessions" improved memory, concentration and problem-solving skills in healthy adults ages 65 and older.

The effects were powerful and long lasting: They effectively erased 7 to 14 years of normal cognitive decline, and the results lasted for at least two years. Many smaller studies have also shown varying degrees of benefits from specific types of training. A common theme has emerged from these studies: Cognitive training can improve older adults' ability to maintain day-to-day activities (excerpt from AARP.org).

Dakim has made it really easy and fun to get your daily dose of mental stimulation with the Dakim BrainFitness system. During each 20-minute Dakim session, you get a full brain workout across 6 cognitive domains: long-term memory, short-term memory, language, computation, visuo-spatial orientation, and critical thinking. Try Dakim today!