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Want to be Vibrant?[®]

VIBRANT AGING 101

Day 4: The Foundation for Aging Vibrantly

Our bodies are “use it or lose it” cellular machines, and that is equally true for our brains, our emotional hearts, and our physical bodies.

Here are a few ideas to engage your mind and keep it humming:

- Go to a lecture/discussion group (virtual or in-person) on a topic you are only mildly interested in, listen to the comments, and keep an open mind
- Even better, learn about something completely new that you have no prior knowledge of
- Listen to music other than what you prefer, and try to appreciate its value
- Take a break from your usual reading preference and try something different. If you like mysteries or romances, check out some historical nonfiction, true crime, or sci-fi. Then, find a friend who loves that genre and share opinions
- Sign up to volunteer in a field you know nothing about
- Experiment with cooking/eating different foods and cuisines

The goal is to challenge your brain and force yourself to think and learn about new things. Before too long, I wouldn't be surprised if your memory is better and you look five years younger!