

To fight aging, second languages and new hobbies may keep brain limber

We all know that exercise helps keep our hearts healthy, but what keeps our brains in top form? Researchers are working overtime to answer this question, as the boomers grow older and a cure for Alzheimer's disease remains elusive. The good news: Recent findings offer hope.

"Cognitive aging is the biggest health crisis in our country," said Denise C. Park, co-director for the Center for Vital Longevity at the University of Texas at Dallas and a distinguished chair in behavioral and brain sciences there.

Park and her colleagues have researched cognitive function in older adults, publishing findings earlier this year in the journal *Psychological Science* on which activities yielded the biggest boost on memory tests (more on those later). Other recent research has suggested the benefits of learning a second language, even in adulthood.

Read the full, original story: [Brain games that could pay off in retirement](#)