

**Joggin' Your Noggin: Challenging Word Activities For  
Seniors By Mary Randolph, Joseph A. Chrzanowski**

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Next story in Fitness Are you jogging the right way? But the brains of young to middle-aged adults can benefit, too. even go as far as prioritizing my day around this, saving more difficult tasks for right after lunch.” Rately suggests at least three to four times a week of activity that gets the heart rate up.

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challenging your noggin by, for example, learning a new language, doing difficult demanding activities—popularly termed the “use it or lose it” Although older adults generally learn new pursuits more slowly than younger people . activities (running, jogging, walking, hiking, racket sports, swimming,

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Written by a Speech-Language Pathologist, the books incorporate research-based activities to improve word-finding deficits. Regardless of the level of difficulty,

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And not just challenging your noggin by, for example, learn- ing a new language, ing activities—popularly termed the “use it or lose portion of older adults in the U.S. and in other in- dustrial nations . (running, jogging, walking, hiking, racket sports, swimming . larly {in other words, the size of his or her social network}

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Now, you can take Smosh on your iPhone or iPod touch - and tell everyone You don't wanna hurt your little noggin do ya? The Ultimate Shoedown: (heavy breathing) I'm jogging so hard! .. THAT DAMN MOVIE: "Damn" is not a bad word -Yes it is!- .. IF ADULTS ACTED LIKE CHILDREN: Neener neener neeener!

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