

Learning mentally demanding skills may help keep an ageing mind sharp

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Zee News:

A new research has shown that learning only certain activities, such as photography, may help elderly improve their cognitive functioning.

These findings reveal that less demanding activities, such as listening to classical music or completing word puzzles, probably won't bring noticeable benefits to an aging mind.

Lead researcher Denise Park of the University of Texas at Dallas, said that it seems it is not enough just to get out and do something-it is important to get out and do something that is unfamiliar and mentally challenging, and that provides broad stimulation mentally and socially.

She asserted that when people are inside their comfort zone they may be outside of the enhancement zone.

For their study, Park and colleagues randomly assigned 221 adults, ages 60 to 90, to engage in a particular type of activity for 15 hours a week over the course of three months.

Read the whole story: [Zee News](#)