

# Learning to play music as a child boosts brain as a pensioner

April 26, 2011

## ***The Telegraph:***

Not only will it lead to you mastering the instrument, it will also provide a boost to your brain decades later, it is claimed.

Even if you no longer play into adulthood, it will help keep the mind sharper as you enter old age.

The researchers found that pensioners who had piano, flute, clarinet or other lessons as a youngster, did better on intelligence tests than others.

“Musical activity throughout life may serve as a challenging cognitive exercise, making your brain fitter and more capable of accommodating the challenges of ageing,” said lead researcher Dr Brenda Hanna-Pladdy at the University of Kansas Medical Center.

Read the whole story: [\*The Telegraph\*](#)