Head Strong

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By age 65, we lose about one tenth of our brain cells, according to *You Staying Young: The Owner's Manual for Extending Your Warranty* by Mehmet Oz, MD, and Michael F. Roizen, MD. Stay brain fit by working out at the gym, socializing, learning new skills or playing games designed to challenge you mentally, such as chess or sudoku. Mental fitness requires effort, but who says it can't be fun?

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http://beta.docker.realhealthmag.com/article/brain-mental-fitness-17189-7809