

WORK ON THIS: The

under-40s do still have

the edge in numeric tasks

and perceptual speed, but

you can close the gap with

Michael Valenzuela, PhD,

author of Maintain Your

brain games at prevention

a bit of brain training,

says neuroscientist

Brain (\$27.99; ABC

mag.com.au/mind.

Books). Start with our

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against future damage.

you age, you may find it more difficult to focus your attention and edit irrelevant information. Keep your mind tuned in and help your concentration by staying physically active, suggests Valenzuela. For the brainiest boost. mix up aerobic and resistance exercises.

WORK ON THIS: Brain

age reveals itself most strongly in working memory and processing speed, so some tasks may be more challenging now. To maintain your mental mojo, keep up an active social life, suggests Peter Schofield, PhD, CEO of Neuroscience Research Australia. Connecting with people provides you with a strenuous and rewarding cognitive workout.