

<b>Title</b>	<b>Short Summary</b>
Cognitive Activity and Alzheimer's	Higher midlife and late-life cognitive activity lowers Alzheimer's risk.
Crossword Puzzles & Memory Decline	Crosswords delay memory decline in dementia patients.
Neural Excitation & Lifespan	Increased neural activity shortens lifespan; REST regulates longevity.
Exergames & Cognitive Function	Exergames enhance cognition and reduce dementia risk in seniors.
Gaming & Brain Plasticity	Video gaming changes brain structure and boosts plasticity.
Cognitive Activities & Memory	Daily cognitive tasks delay memory decline onset.
Crosswords vs. Video Games	Crosswords outperform games in memory for MCI patients.
Nervous System & Longevity	Suppressing overactive neurons extends lifespan.
Exergaming in MCI	Exergaming improves memory and executive function in MCI.
Gaming, Creativity & Plasticity	Gaming fosters creativity and boosts brain plasticity.
Cognitive Lifestyle Protection	Active cognitive lifestyle protects against dementia.
Number Puzzles & Cognition	Frequent number puzzles link to better cognition (age 50–93).

## **Research Paper**

Cognitive Activity From Early to Late Life and the Risk of AD Dementia

Association of Crossword Puzzle Participation with Memory Decline in Persons Who Develop Dementia

Neural excitation linked to shorter lifespan

Exergames improve cognitive function in older adults and their possible mechanisms: A systematic review

Does Video Gaming Have Impacts on the Brain: Evidence from a Systematic Review

Cognitive activities delay onset of memory decline in persons who develop dementia

Can Playing Crossword Puzzles Improve Cognitive Function?

Scientists pinpoint neural activity's role in human longevity

Exergaming and cognitive functions in people with mild cognitive impairment and dementia: a meta-analysis

The light side of gaming: creativity and brain plasticity

Use it or lose it! Cognitive activity as a protective factor for cognitive decline associated with Alzheimer's disease

The relationship between the frequency of number-puzzle use and baseline cognitive function in a large online sample

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