



READING FOR THE WIN

SCREEN TIME SWAP IS GOOD FOR THE BRAIN

Watching TV may be entertaining, but reading a book is better for your brain. That's the word from Australian researchers, who found that study subjects who traded as little as 5 minutes of screen time for mentally stimulating activities, like reading and listening to music, scored higher on a test of global cognition (the ability to think, learn and reason) than TV viewers. According to the researchers, any pursuit that engages the brain helps keep it healthy.