



## [Bingo With Your Friends... \*The Healthy Alternative\*](#)

The healthy alternative? Bingo? Really? Yep. That is true! And for a couple of very good reasons. First, it has been shown that the more your brain is 'exercised' as you grow older, the healthier it will be. And bingo is believed to be a very good 'exercise' activity. The mental exercise required by playing bingo involves maintaining focus and concentration for long periods and searching for numbers under a time constraint. Both exercises keep the brain active and healthy. Of course you do need to play paper in addition to the machine to give your 'marbles' a good workout.

The second major benefit of playing bingo has been proven by extensive research projects over the last 10 years. In the words of just one of those researchers, Bryan James of Chicago's Rush University Medical Center, "Social activity has long been recognized as an essential component of healthy aging, but now we have strong evidence that it is also related to better everyday functioning and less disability in old age." These findings apply to many social activities, but few have the additional benefit that bingo offers of 'exercising' the brain at the same time.

For these 2 very good, proven reasons, bingo is now believed to be one of the best activities to maintain good and healthy brain function as we age. Congratulations to all those players who have been playing for years...you can now consider yourselves mentally healthier than if you had not played bingo at all. So you are all winners!

After having reviewed the research, we here at our bingo hall are getting pretty comfortable with the idea that playing bingo is like...going to the gym...for your brain. Plus, the more family and friends you play with, the better the social experience, and the better the workout. We would suggest instead of inviting them to play bingo, invite them to go with you to the 'Brain Gym'...for a workout. What's not to like? Your socializing, having fun with a chance to win money and maintaining good mental health all at the same time. Where else can you do all that?

So gather your marbles, and those of your family and friends from Facebook, work, neighborhood, social groups, etc., and plan an outing for some brain training on a regular basis. You will all benefit with continued, and proven, better mental health. Ask us about our group specials and...**BINGO ON!!**