

All the Possibilities the Internet Can Bring for the Young at Heart

Are you an older individual who believes the internet isn't for you? Maybe you're somewhere in the middle and prefer to defer to your children to sort out all things social and streaming. If you don't feel the need to jump on the social media bandwagon, shop online or watch the latest cat video on YouTube, you may be asking, "Why do I need internet? What benefit can it bring me?" Well, studies have shown that access to the internet can greatly benefit those 60+ years of age. The internet can enhance mental, emotional, and physical health—boosting overall happiness and well-being. Here are just a few of the possibilities the internet can bring you:

- **Increased cognitive function** – through online games like sudoku and scrabble or learning a new skill. Keeping your brain active and challenged helps decrease memory-related issues.
- **Increased mental health** – through connecting with friends and family through video and social media chats or joining an online community that aligns with your hobbies or interests. Internet knowledge can bridge the generation gap between seniors and younger family members and strengthen those relationships.
- **Increased physical health** – through accessing 1000's of health-related articles, recipes, and exercise videos. Telemedicine is an invaluable service for those who are too sick to leave their homes but need to "see" a doctor.
- **Increased convenience** – through online shopping that offers everything from aspirin to zucchini. Many restaurants have online ordering as well. All delivered right to your door. (Perfect for when you can't or don't want to go out due to illness or bad weather.)
- **Increased independence and safety** – through internet-connected devices, such as home security systems, programmable thermostats, and water heater and electrical monitoring systems that will alert you to issues.
- **Increased entertainment options** – through a variety of easy-to-download, streaming applications, like Netflix, Hulu, Disney+ and more! And with internet-connected devices, you can take your entertainment options wherever there's Wi-Fi.

Let <Company Name> help you get connected. They have several internet options to choose from. <Company Name's> team of experts can explain what is needed to get started with their internet service—and what the installation will look like. They can be reached at XXX.XXX.XXXX Monday through Friday from X to X.

Think of the internet an additional lifeline to information, better health, connection to friends and families and entertainment. There's a world of possibilities waiting for you—all right at your fingertips.