

Practical Ways to Improve your Memory

If you find that your memory isn't what it used to be, there are a number of ways to go about keeping it sharp. Despite what most people think, a person's memory is like a muscle, the more you exercise it, the better it becomes. By taking the time to look through some of these methods of improving memory, you will be able to strengthen yours.

Exercise Regularly

Cardiovascular exercise as well as weight training exercises your body as well as your mind. Physical exercise increase the amount of oxygen going to your brain, reducing the chances of developing numerous disorders that can cause a diminished memory. If you want to ensure that your memory is still good years from now, it is definitely a good idea to find some time to get some form of physical exercise each day.

Control your Stress Level

Studies have shown that stress and depression can lead to memory loss, which is why it is important to make sure that you find healthy and creative ways to keep your stress level under control. There are many different ways to go about minimizing stress and the effect it has on you, including meditation. By meditating for 10 or 15 minutes each day, you will be able to significantly reduce the amount of stress in your life.

It is important that those who have stressful lives, whether it is because of work or personal issues, find many different ways to relax and minimize emotional strain. A person's memory can definitely be affected by stress and anxiety, making it crucial to find ways to relax. Whether it is listening to music, meditating, exercising, or calling up a friend, it is good to have different ways of unwinding.

Eat more "Brain Food"

There are certain foods that promote healthy brain function, including those which including omega-3s. Numerous studies have shown that foods that are high in omega-3 fatty acids are especially beneficial for the brain. Fish is one food that contains quite a bit of omega-3, and it is thought to be great for brain health. It is also important to limit the amount of calories and saturated fat you consume each day, as too much of either can be bad for your brain and body. Fruits and vegetables are a great source of vitamins and nutrients, which are in turn good for your brain, thereby helping to improve memory.

Green tea is another great brain food, as it contains powerful antioxidants as well as polyphenols that protect the body against free radicals that can wreak havoc on brain cells. Drinking wine or even just grape juice, in moderation of course, can be another good way to ensure that you

preserve as many brain cells as possible and therefore your memory. Those who eat a healthy and balanced diet will be doing themselves a favor in terms of both improving their memory and preserving their overall health. With so many different ways to improve one's memory, there is no excuse not to.