

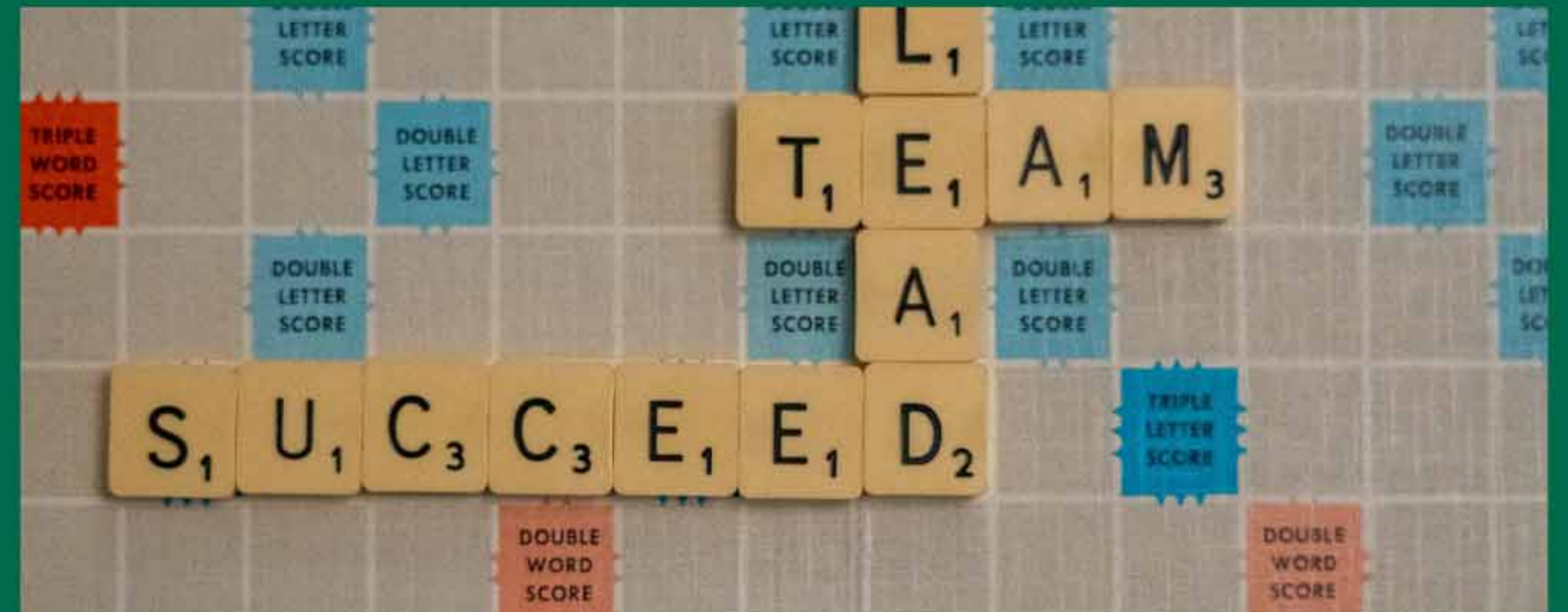
Memory Improvement Tips



Learn a New Activity

Learning a new activity challenges your brain and improves your memory. Fun activities to learn:

- New language
- Dance classes
- Cooking a new meal



Play Brain-Stimulating Games

Download games onto a cell phone or tablet, or buy puzzle books with games like:

- Crosswords
- Sudoku
- Word searches



Stay Hydrated

Drinking plenty of water helps the brain stay sharp, so strive to drink around 64 oz of water per day.



Drink Alcohol in Moderation

Drinking in excess can negatively impact memory and cognition so it's important to drink in moderation.



Take Supplements

Supplements like Vitamin D and fish oil are linked to better cognitive health. Speak to your doctor about different vitamins you can take to better your brain health.



Know Your Family History

If you have a family history of diseases that impact memory, it's important to practice memory-strengthening activities to slow the chances of cognitive decline.



Get Enough Sleep

Getting around 6-8 hours of sleep per night allows your mind to get proper rest, improving your memory and cognition.



Eat Less Sugar

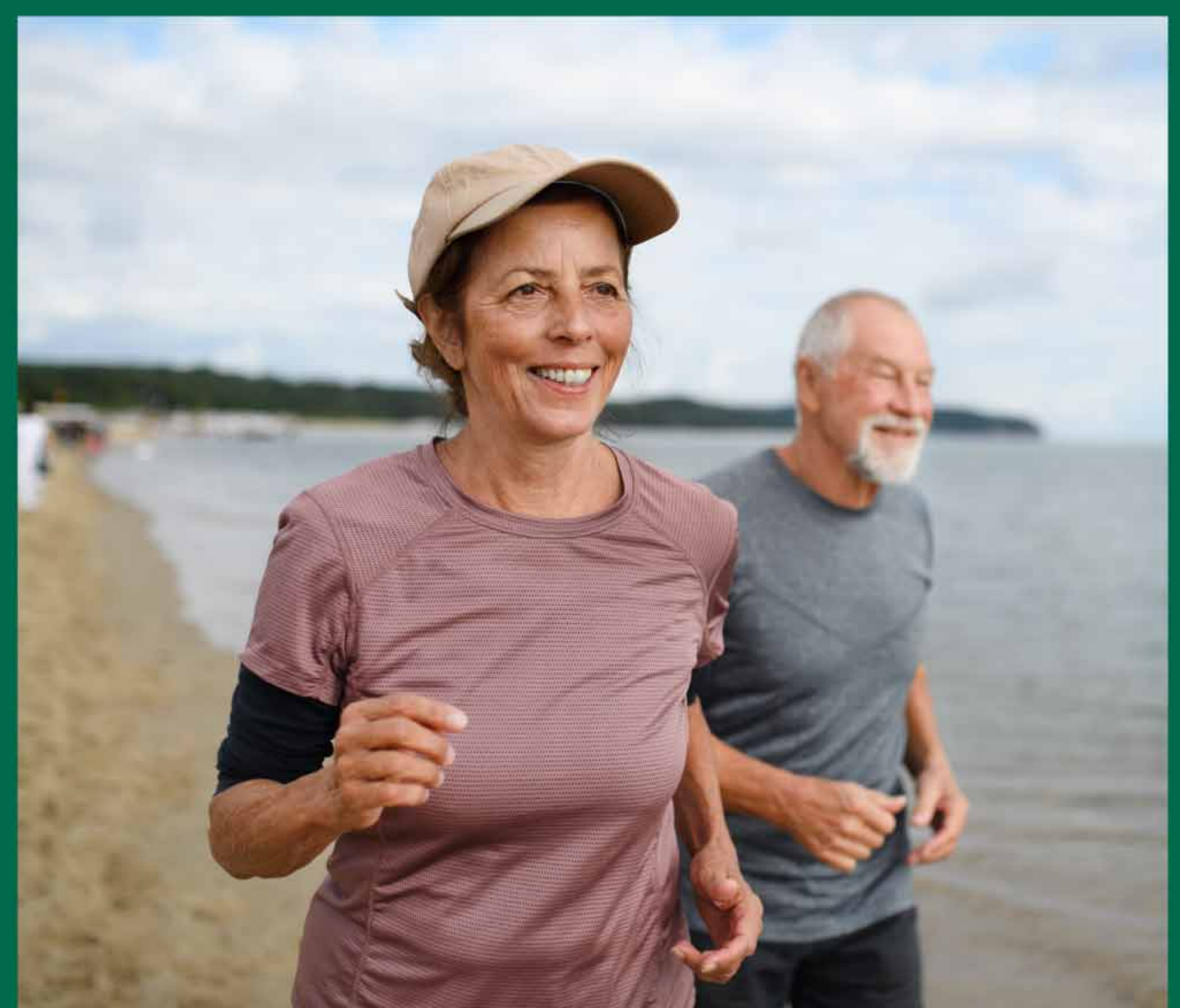
High-sugar diets are linked with lower cognitive health, meaning that cutting back on sugar is just as good for your mind as it is your body.



Be Mindful of Medications

Some medications can have memory loss side effects, so it's important to:

- Keep track of your medications.
- Speak with your provider about the negative side effects of prescriptions.



Engage in Exercise

Regular exercise increases blood flow to the brain and also is known to strengthen the hippocampus, which helps us with verbal memory and learning.