

6 Ways to Improve Your Memory

Want a better memory and a sharper mind? A recent study suggests that you can fight age-related memory decline with a healthy lifestyle. Try these six behaviors to help give your brain a boost.

1. Mind your meals.

- Look for healthy recipes online.
- Keep fruit visible and within reach.
- Bring healthy snacks when you're on the go.



2. Move your muscles.

- Sign up for a ballroom or salsa dance class.
- Swim a few laps at the local pool.
- Go for a walk or bike ride.



3. Work out your wits.

- Play cards, mahjong, or board games.
- Read books and write letters or stories.
- Learn a new skill, like knitting or woodworking.



4. Stay social.

- Make an effort to connect with family and friends.
- Join a neighborhood walking club.
- Restart an old hobby or activity.



5. Ban booze.

- Treat yourself to a fizzy nonalcoholic mocktail.
- Remove alcohol from your home.
- Ask for help quitting if you need it.



6. Nix nicotine.

- If you don't smoke now, don't start (or restart).
- If you smoke, talk with your health care provider about how to quit.

A calendar showing the month of May. The date 24 is circled in red, indicating a specific day of the month.

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	