

Goal: Strengthen Your Mind

Total Words in this Document: 459

Title: 5 Ways to Improve Your Memory

Memory loss can affect individuals of any age. Busy high schoolers and college students forget their homework. On-the-go parents lose and misplace keys, cellphones, and glasses are a normal part of adult life.

Some memory loss can stem from serious medical maladies like Alzheimer's disease or other dementia-like conditions. Other memory loss, though, may occur from a treatable condition. Take some simple steps to improve your memory and live a better life.

Vitamin B-12

Check your vitamin B12 levels. If you feel like you have memory lapses, see your physician. A doctor can refer you to a specialist for a memory loss test or cognitive test that can help pinpoint any problems. These specialists may run physical tests to see if there are any underlying issues that might cause the issue. Low levels of vitamin B-12 may cause memory difficulties. Treating a vitamin B-12 deficiency may improve or even reverse [some forms of dementia and memory loss](#). Vitamin B-12 is necessary for the formation of red blood cells and is vital for [human metabolism](#).

Exercise

[Harvard Medical School](#) notes that every four seconds, someone around the world receives a new diagnosis of dementia. Exercise, though, provides direct and indirect results to improving memory. With physical activity, the body reduces resistance to insulin and inflammation. Exercise stimulates growth factors, which are chemicals that affect brain cell health, brain blood vessel growth and brain cell survival. Regular exercise also improves your mood, helps you sleep better, and lowers your levels of stress and anxiety. Harvard researchers recommend starting with about 120 minutes of exercise each week.

Games

Games of all kinds boost memory and language. Studies show that [3-D video games](#), [brain-training](#) apps and computer games may assist your brain. [Riddles, crossword puzzles, Sudoku and brain puzzles](#) can help to slow or prevent memory loss.

Songs, Art and Hobbies

Sing a song, join a choir, learn an instrument to boost your brain power. Pick up a new skill, like a [foreign language](#), quilting or photography to learn something new. Learning a new skill helped improve the memory of participants of a [three-year](#) study.

Regular Activities

Regular activities, especially for the elderly, help people stay active. More and more [assisted living facilities](#) recognize that brain health is important for individuals. Some retirement homes have dedicated memory care units that offer daily activities, tailored diets and technological tools to improve the memories and lives of residents.

Strengthening your mind can be a group activity. Family members who notice a slight memory loss in senior relatives can start to incorporate some activities in their daily lives, thereby helping to sharpen their brains and ward off memory loss.