

SIMPLE
STRATEGIES
TO



**MAXIMIZE
MEMORY**

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SIMPLE STRATEGIES TO BOOST MEMORY

Do you worry about your memory when you can't find your car keys? Do you feel stressed and frustrated when you walk into a room and can't remember what you needed?

YOU'RE NOT ALONE!

Memory loss is the #1 fear of people over 55. It's likely you've had a close friend or relative who suffered from Dementia or Alzheimer's disease. Nobody wants this diagnosis, and yet we often feel powerless about how to avoid it. As we age, the brain does change, but that doesn't mean you're destined for serious loss of memory. There are many actions you can take NOW to keep your mind sharp and help prevent cognitive decline and memory loss.

#1: NOURISH THOSE NEURONS!

Many recent studies have shown that people who eat the right types and amount of fruits, vegetables, whole grains, nuts and healthy fats (while decreasing specific processed foods and saturated fats), are less likely to develop Dementia and Alzheimer's disease. The key is getting the right amounts of brain-healthy foods and minimizing brain-harming foods. Choosing the right foods helps prevent amyloid plaques from forming in the brain. These amyloid plaques are a key problem in Alzheimer's disease.

#2: IMPROVE YOUR NUMBERS

If you've already improved your brain boosting diet, you'll be delighted to know you get double benefit! Improving your blood pressure, cholesterol and blood sugar numbers all have a significant impact on your brain health. Having high blood pressure in midlife increases the risk of cognitive decline later in life. High levels of LDL-cholesterol and high blood sugar can also increase the chances of developing Dementia or Alzheimer's disease. With simple, practical food and lifestyle changes, it's possible to lower these numbers, which will help keep both your heart and brain healthy.



#3: EXERCISE YOUR BODY!

Yes, being active helps your brain too. Moving your muscles increases the number of tiny blood vessels that bring oxygen to your brain, which is essential for mental clarity. Aerobic exercise is especially good for the brain and exercising in the morning prepares the brain for learning and mental activity. Activities that use hand-eye coordination are especially good for keeping the brain nimble. Tennis, pickle ball, ping pong and golf are just a few to consider. Getting out in the fresh air for short walks also boosts mental clarity and creativity.

Exercise also lowers blood pressure, improves cholesterol, and helps balance blood sugar. Why does this matter? Because all 3 of these conditions increase your risk of developing Alzheimer's disease, so keeping these numbers in check will help your brain, as well as your heart.



#4: EXERCISE YOUR BRAIN!

When we stick with our usual routine the brain doesn't get the stimulation it needs to keep growing and improving. Just like all muscles, our brains need to be exercised to maintain memory. In other words, you need to use it, or you'll lose it. The brain-boosting activities should teach you something new, be challenging, build skill, and feel rewarding.

The following mind games create new connections in the brain and help with "neuroplasticity" -- the brain's ability to adapt and change. The more you work your brain, the better you'll process and remember information. Examples of brain boosting activities include:

- reading
- doing word puzzles or math problems
- taking a course (online or in person) or learning a foreign language
- trying a new craft such as pottery, drawing, or painting
- learning to play guitar
- taking a dance class
- trying a new sport

These activities help improve memory by keeping you challenged and engaged.

#5: BUILD STRONG CONNECTIONS

Humans thrive with social interaction. Having positive and trusting relationships could be the key to a sharper memory and slower cognitive decline. One study showed that people with the most active social lives had the slowest rate of memory decline. Other studies have seen an association between strong social connections and a lower risk of dementia. Socializing doesn't have to mean being the life of the party, but instead finding various ways to interact with others. Here are several ideas to up your social game:

- Volunteer
- Join a club
- Set a monthly lunch date with friends
- Set a weekly walking date with one or more friends
- Arrange a regular call or Skype with a friend far away



#6: MEDITATE

Studies have linked stress to memory loss. Meditation is a great way to lower stress, and it doesn't take a 30-minute session for it to be effective.

Just a few minutes periodically throughout the day can have brain boosting benefits. A few ideas to try:

- Set a timer for 5 or 10 minutes and sit quietly focusing on your breath, doing some deep breathing
- Get out of your chair every hour and do some stretching exercises
- Listen to 10 minutes of instrumental music as you start your day, at mid-day and before bed

#7: SLEEP WELL

Many people claim to function well on 6 hours of sleep, but the reality is 95% of adults need 7.5 to 9 hours of sleep (without tossing and turning) to avoid sleep deprivation. Lack of sleep impairs problem-solving, critical thinking and memory. The best time to improve memory is during the deepest stages of sleep, so making sure you get a solid sleep is critical. Making some changes to your daytime routine and bedtime habits can significantly improve your mental clarity. Here are a few strategies to try.



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- Avoid screen time at least one hour before bed. Yes, that means turning off TV's, computers, laptops, smart phones, and tablets because the blue light triggers wakefulness and suppresses hormones that make you sleepy. If turning off these devices just isn't going to happen, then consider wearing special glasses that block the blue light.
 - Establish a bedtime routine. Along with no screen time, create a routine 20 minutes before bed that relaxes your mind and body. Some examples include reading (not on a tablet), turning down lights, drinking herbal tea, taking a warm bath, doing stretching exercises, meditating, listening to relaxing music and doing some deep breathing exercises to help you unwind and relax as you prepare to sleep.
 - Limit Caffeine & Alcohol. Caffeine affects people differently, but for most people it's best to avoid caffeine after Noon. For others, they may need to avoid caffeine entirely because even that morning cup of coffee can interfere with sleep at night. As for alcohol, too much or having a drink late in the evening can significantly disrupt sleep several hours later. You may fall asleep easily, but then be wide awake at 2am, disrupting the deep sleep your memory needs.

NOW IT'S TIME TO TAKE ACTION:

1. Which of the 7 Strategies will you start working on today?

2. How will you support yourself in making changes & keeping them going?

_____ Work with a friend who also wants to improve memory

_____ Write in my journal each day tracking my progress, challenges and solutions

_____ Work with a coach to help brainstorm, problem-solve and keep me accountable

_____ Other Strategies: _____

**FOR MORE IN-DEPTH, PERSONALIZED INFORMATION ABOUT
HOW TO BOOST YOUR MEMORY AND PREVENT ALZHEIMER'S
DISEASE, I HAVE THE PROGRAM FOR YOU!**

Call or email for more information:
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