

TIPS *to Keep Your* MIND SHARP



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Do you often forget what you were saying? When you read a newspaper do you have trouble remembering

what you read? Do you sometimes forget names? If you answered yes to any of these, you could be experiencing some memory loss. Don't panic, as experts assure us that some mind lapses are inevitable as we age, but if they begin disrupting your daily life, check with your doctor.

It's possible to fight mind lapses. Some researchers believe that taking control of fatigue, depression, poor physical health, and reducing stress will improve your overall health and brain acuity. Another strategy to improve overall health is to stimulate the brain with exercises that are "aerobics for the mind."

HERE ARE A FEW IMPORTANT TIPS TO KEEP YOUR MIND SHARP

EXERCISE REGULARLY Aerobic activity such as walking, dancing, or biking, for at least 30 minutes three times a week will increase blood flow and the delivery of oxygen, sugar and nutrients to the brain. Scientists have recently found that vigorous exercise can cause new nerve cells to grow and old nerve cells to interconnect with each other, which will make the brain, run faster and more efficiently.

STICK TO A HEALTHY DIET Eat lots of antioxidant-rich fruits and vegetables such as blueberries, spinach and beets. Scientists report that the magnesium found in dark green, leafy vegetables appears to help maintain memory.

DON'T OVER INDULGE If you drink alcohol, do it in moderation. Moderation is defined as two glasses of alcohol for men and one for women per day. Prolonged alcohol indulgence damages brain cells and can lead to serious memory loss. Some

experts believe that red wine may slow down the brain aging process due to its high antioxidant levels.

GET ENOUGH SLEEP Too little sleep impairs concentration and memory. Current studies have shown that adequate sleep enhances the connections within the brain cells.

LEARN SOMETHING NEW Mastering activities you've never done before, such as playing the piano or learning a foreign language, help to stimulate neuron activity.

JUST SAY NO TO SMOKING Smoking can damage the overall health of the brain. Studies have shown that smokers have a definite increased risk for Alzheimer's disease. The good news is that once a smoker quits, the risk of Alzheimer's and other benefits emerge rapidly.

SOLVE BRAINTEASERS Crossword puzzles, card games, mind puzzles and board games like Scrabble improve your memory. Other games are good for remembering numbers (Concentration), spatial concepts (pinball, pool) and strategizing (chess, checkers). 

Source: www.aarp.org; Newsweek

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TRY A MENTAL AEROBIC PUZZLE:

Can you unscramble the letters below to find four cheeses?

CCEDHYBHEAEMRSDIHEDIARRE

What number ends this sequence?

36 25 16 9 _____

Cheedar, Feta, Parmesan, Mozzarella: 4

 **The Elliot.**
Live Better!