



MEMORY MAINTENANCE **DO'S** AND **DON'TS**

No matter how old you are, doing what you can to preserve memory and brain health is a gift that can last a lifetime. Here are some helpful tips **ANYONE** can try.



DO

EXERCISE

Making daily physical activity a priority optimizes blood flow to your entire body, brain included. Adequate blood and oxygen supply to the brain help keep memory sharp.



DON'T

STOP LEARNING

Advanced education helps keep memory strong. Challenge your brain with mental exercise by learning new things. Learning doesn't have to be confined to "formal education," either. Any new skill or way of doing something helps your brain grow!



DO

USE ALL 5 SENSES

Sight, Sound, Smell, Taste & Touch. The more senses you use when doing something, the likelier it is that the action will be more concretely committed to memory.



DON'T

LOSE SLEEP

Your brain does its important "housekeeping" via memory consolidation during deep sleep. Plus, a consistent lack of sleep can be associated with steeper memory declines as we age. Prioritize quality sleep as you do a healthy diet and exercise.

