

# 6 Ways to a Better Memory

## 1. Learn Something

Stimulating the brain helps it develop a resilience that allow us to fight off diseases like Alzheimer's.

## 2. Sleep

At least six hours of sleep at night helps improve your memory function & lowers your risk of stroke.

## 3. Eat Right

A diet high in leafy green veggies, fish, nuts and healthy oils like coconut & olive may ward off Alzheimer's. Alzheimer's. Alzheimer's.

## 4. Challenge Yourself

Train your brain... memorize three hard to remember names a day to help strengthen your memory.

## 5. Walk with a Friend

A workout, stress-relieving social interaction & good conversation are a triple threat against Alzheimer's.

## 6. Meditate

Reduced anxiety improves blood flow to the brain. Inhale 7-counts, hold for 7-counts, exhale 7-counts.



# Better Memory How To Enhance Your Memory

**Yicheng Fang**



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