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Give your memory a boost

Try out these tips to activate your mind

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Are you misplacing things? Do you ever find yourself in the middle of the grocery store only to realize that you don't remember what you needed to buy? Have you walked into a room to find something, but forgot what it was by the time you got there? As we get older, our memory does start to decline, but that doesn't mean we can't do anything about it. Just as we can work to build up our bodies, we can also build our memory and slow down the effects that aging has on our brains. These unforgettable tips can go a long way toward boosting your memory.

Pay attention

Multitaskers take heed: If you don't give something your full attention, you're likely not to remember it. In fact, studies show that we need to focus on something for at least eight seconds for it to transfer from our short-term memory to our long-term memory. In other words, no multitasking allowed.

Foods for thought

The right foods not only improve our physical health, they can build up the brain power we need to improve our memory.

Berries. Berries are filled with antioxidants that prevent brain cells from breaking down, which can slow down age-related memory loss. Although any assortment of berries can help with memory, blueberries are particularly good because they have properties associated with learning and spatial memory.

Nuts. The unsaturated fats in nuts and seeds help ensure a healthy blood flow to the brain by keeping cholesterol levels low. A study in the Journal of Alzheimer's Disease showed that study participants who regularly ate walnuts had better cognitive function and memory scores than those who didn't.

Get some rest

Sleep deprivation slows down your body and your mind. This can compromise your memory — since much of our memory enhancements take place during sleep — so it's important to get at least eight hours of sleep each night. Recent studies show even resting your eyes and relaxing for as little as 10 minutes can give your memory a boost.

Clench your fists

According to a study published in the scientific journal PLOS ONE, clenching your fists can help you transfer information into your long-term memory, as well as access it later on, because this body movement can activate different brain functions. So if you're trying to commit information to memory, clench your right hand. And when you want to access that information later on, clench your left hand.

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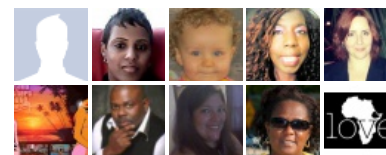
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Visualize

If you're trying to remember something, it's a good idea to create pictures of it in your mind. For instance, if you need to remember your grocery list, picture yourself walking through the store aisles, picking up all the items on your list and putting them into your shopping cart. By creating these visual cues, a memory solidifies in your mind and it becomes easier to recall.

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