

[IMAGE]

## Protect Your Memory

As we age, one of the things we want to hold on to is our memory. It is essential to ensure your memory remains intact as you age in order to have a better quality of life and to be able to enjoy the memories you have with your loved ones. Luckily there are a number of things you can do now to make sure you don't run into memory related diseases such as Alzheimer's and Dementia.

Here are a few things recommended by health professionals to ensure your memory stays fit:

- Avoid bad memory foods: Make sure to stay away from foods that are high in cholesterol, saturated fats, trans fats. Opt for a diet that is full of vitamin enriched foods such as fish, fruits, vegetables, and healthy fats such as olive oil or canola oil.
- Keep moving: Take a walk, go jogging or engage in aerobic exercise - this is essential for keeping memory related illnesses at bay. Also make sure to maintain a healthy weight to ward off diseases such as dementia that affect the memory.
- Memory - Copyright © Stock Photo / Register Mark Stay away from smoking and limit alcohol consumption. Many substances found in cigarette smoke damage the brain and impair memory. And while a number of studies suggest that drinking in moderation might actually be beneficial, having more than a drink or two per day can be highly toxic to the brain.
- Remember to challenge your mind and memory. Mental stimulation encourages new connections between brain cells. Seek out a variety of mentally challenging activities or learn new skills to keep your mind in shape. Don't become passive and let your memory lose its strength, make sure to engage in memory building exercises such as learning a new language or playing cards.

If you have any concerns about your memory, make sure to bring it up to your healthcare professional.

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