

Tips for brain & memory health

Today is the perfect time to stop and think about what you're doing to look after your memory and all-round brain health.

The exciting news is that getting older doesn't have to go hand in hand with memory loss! Research shows that the human brain is growing and changing throughout our lives and we can control three of the four causes of brain aging in just a few minutes a day.

Amidst the craziness of life, some forgetting is quite normal but don't forgive yourself too easily as memory lapses waste huge amounts of time and undermine our confidence and self-belief.

Memory is not a single object you can lose - it is more like a set of abilities that can be continually improved, regardless of age. Remembering is an active process that takes regular practice because when it comes to the brain and memory it really is a case of – use it or lose it! It's never too early or late to start strengthening your brain so here is some simple advice from the experts at Brainfit®World:

Brainfit®World's Top 5 Tips for building strong memories and healthy brains:

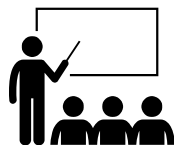
1. Believe in your memory – Self-belief is essential to a strong healthy brain.
2. Focus – When you pay attention you create stronger memory traces.
3. Rehearse - Repeating the information as soon as possible helps embed the memory.
4. Seek out variety – Different parts of the brain are activated by different tasks.
5. Look after yourself – Good food, water, exercise and sleep are essential for good for brain health and memory.

If you would like more tips and practical support to help make brain fitness and wellbeing part of your regular routine, visit:

www.brainfit.world



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Brainfit®World are New Zealand based cognitive wellness educators who offer a range of renowned evidence based programmes to educate people about how memory works and how to keep it sharp regardless of age. Their Brainfit® programmes have already supported more than 18,000 people, aged 22-96 on their brain health journey so don't delay, check out www.brainfit.world today or email hello@brainfit.nz

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