

Exercise Your Brain

We all have little lapses in memory like leaving the keys in the door, forgetting someone's name or missing an appointment. Rarely do we think we are getting old or senile. Most times it's due to too much going on in that brain of yours. You have too much on your mind or you're stressed out. Maybe you didn't concentrate enough on what it was you were supposed to remember.

Research shows that brainpower can increase with mental activities in older people. Aging does not mean automatically losing mental capacity. The National Institute of Aging has conducted a series of tests that prove most dramatic memory decline occurs around age 70, if it occurs at all. Even though memory may fade with time, thinking ability remains strong. Vocabulary and reasoning skills often improve with age.

No matter what your age, exercising your brain may make the difference between using it and losing it. Or if you are young and have older family members or friends who seem to be losing memory, encouraging brain activity can help.

Activities such as doing crossword puzzles, playing word games or cards strengthens the synapses between brain cells in memory transmission areas. Physical exercise can increase mental abilities 20% to 30 %, according to recent studies. Journal writing and working with your hands to build or create can help as well.

For older adults who sense memory loss occurring, use mental helps such as calendars, calculators, list making, and group discussions. And relax. Worrying about what you're going to forget can cause a mental block.

Source www.wholefitness.com