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But the good news is, there are plenty of ways you can keep your mind sharp as the years march on. In fact, a 2018 study published in the Journal of the American Geriatrics Society found that even older patients in the early stages of memory loss were able to increase their memory test scores by up to 40 percent through cognitive training.

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Aim for seven to nine hours of good-quality sleep each night to boost your brain health. Keep Your Brain Sharp. Take good care of your brain. Do your absolute best to incorporate activities that strengthen, stimulate and nurture your gray matter every day. Good brain health will increase your quality of life

and keep you sharp for the long haul.

To keep a sharp mind and good attitude, do physical activities to stay active and try to maintain a positive outlook on life. Perform logic puzzles and crosswords to keep your mind active. You should also try to exercise regularly, which has been shown to improve mental abilities as people get older.

7 ways to keep your memory sharp at any age Surprising ways to retain sharp memory using brain games that strengthen mental functioning As we grow older, we all start to notice some changes in our ability to remember things.

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You don't need a gym for this, though -- the tools you have are all around you, ac-

According to our expert sources, Dara Schwartz, a clinical psychologist at Sharp Mesa Vista Hospital in San Diego, and brain-injury survivor Ruth Curran, author of "Being Brain Healthy" Keep reading for eight techniques to start working into your everyday life ...

11 Fun Ways to Keep Your Mind Sharp | HealthyWomen

That means your brain gets stronger, too. But it's not just mental exercises that can strengthen your noggin. From eating the right foods to practicing "deep listening," here are my favorite simple ways to keep your brain sharp and vibrant. 1. Practice meditation to decrease stress. Studies shows that chronic stress can damage the brain. So you can help protect and strengthen your brain by engaging in activities or lifestyle habits that decrease the firing of your stress response.

Mind games: a mental workout to help keep your brain sharp. Lifestyle habits matter when it comes to brain health, and the rewards of increased mental stimulation can be seen in a very short space of time.

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Jigsaw puzzles promote your problem-solving skills, which helps keep your mind sharp as you think about how the

colors and shapes match up. Be sure to try puzzles that are new to you; challenging your brain to something unknown is more beneficial than doing the same puzzle over and over.

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