

# Tips for Preserving Memory

There are some simple things you can do to keep your memory as strong as possible. The goal is to do an activity from each of the three categories as often as you can, preferably on a daily basis. It helps to choose activities you will enjoy doing and can do regularly.

## Stay physically active.

Name three physical activities you enjoy and can do at least 4-5 times per week for a half hour, such as walking, dancing, or yard work.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Connect with people.

Name three social activities you can do with friends, family members, or in your community on a regular basis—for example, have a meal together, communicate by email or telephone, go for a walk, go shopping, watch a movie together, volunteer, attend a community meeting, or participate in a club or group.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Challenge your mind.

Name three activities you enjoy that really stretch your mental abilities, such as doing puzzles, playing cards or board games, learning a new language, playing music, or doing a challenging craft or building project.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_