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Physical activity increases blood flow to your whole body, including your brain. This might help keep your memory sharp. For most healthy adults, the Department of Health and Human Services recommends at least 150 minutes a week of moderate aerobic activity, such as brisk walking, or 75 minutes a week of vigorous aerobic activity, such as jogging — preferably spread throughout the week.

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Before your next big exam, be sure to check out some of these tried and tested techniques for improving memory. These 11 research-proven strategies can effectively improve memory, enhance recall, and increase retention of information.

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Meditation also can improve focus, concentration, creativity, memory, and learning and reasoning skills. Meditation works its "magic" by changing the actual brain. Brain images show that regular meditators have more activity in the left prefrontal cortex, an area of the brain associated with feelings of joy and equanimity.

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claimed Magnetic Memory Method and the author behind a dozen bestselling books on the topic of memory and language learning.

How to Remember Things: 21 Memory Techniques

We'll start with the lifestyle changes we can make, since they can improve more than just our memory, and then go over specific memorization techniques. Lifestyle Changes That Can Improve Your Memory In general, increasing your overall health with better sleep, regular exercise, and better nutrition will improve your brain health—including memory—as well as your physical health.

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Memory tools - "mnemonics" - have been used for centuries, helping to boost confidence and combat information overload. The best memory techniques use rich imagery, strong emotions, and clear patterns. A number of specific systems have been developed, based on the key principles of imagination, association and location.

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