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So along with your 5-mile runs, be sure you're including some deadlifts and squats. High intensity exercise has been shown to boost working memory too, so throw some sprints in there as

well. Get plenty of sleep. Of the many benefits of getting a good night's sleep, improvement in working memory is a big one.

A Mediterranean diet - low in red meat and dairy and high in omega-3 fatty acids found in oily fish and nuts - can help preserve memory and reduce dementia risk, say US researchers. The study ...
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At a top memory lab, we found out that there's no such thing as a "bad" memory. There are only untrained ones. Discover how to train and improve yours.

How to Train Your Memory - Men's Health

"May you never forget what is worth remembering, nor ever remember what is best forgotten." -Irish Blessing and quote from the book Grandmaster Kevin Horsley's extremely informative book Unlimited Memory should be required reading and implemented in every freshman high school classroom. The various methods he teaches the reader are intended to aid in memory enhancement, and with practice are tools that can be used effectively over the course of one's lifetime.

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There are two steps, basically, for all memory challenges, whether you're in a strange mental sport/hobby or trying to remember where you parked your car: Turn abstract, boring things that the... "May you never forget what is worth remembering, nor ever remember what is best forgotten." -Irish Blessing and quote from the book Grandmaster Kevin Horsley's extremely informative book Unlimited Memory should be required reading and implemented in every freshman high school classroom. The various methods he teaches the reader are intended to aid in memory enhancement, and with practice are tools that can be used effectively over the course of one's lifetime.