

The Consumer's Guide To Memory Exercises for Persons of African-American Heritage

Getting The Big Picture

Your brain is a “use it” or “lose it” organ. You can increase the reserve of your brain by exercising your brain cells on a regular basis. Intellectual challenges, new learning and social interactions provide the best form of exercise.

Mental Exercise Is Like Physical Exercise

A person who simply lifts dumbbells as exercise will not have total body strength. Muscular strength training includes balanced exercises that work all your muscle groups. The same principles probably apply for your brain. Watching television is no better exercise for your brain than lying on the couch helps condition your body. Each person has different interests and mental skills. People should continue to learn new information and accept new mental challenges as they grow older. Cross-word puzzles, learning the computer, joining clubs for new social or intellectual activities, expanding your circle of friends, learning a new skill such as choir or gardening, and many other new intellectual challenges exercise more parts of your brain.

How Can I Increase My Brain Strength?

1. Maintain intellectual activities through life, such as reading, spiritual studies, politics or other subjects that interest you.
2. Learn something new every day.
3. Change the little things in your life on a daily basis, like going to a new store, walking a different route and others.
4. Develop new mental skills like using a computer, taking classes, developing new friends or social contacts.
5. Exercise your brain and body to help you hold onto your memories.