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3 Things You Must Do To Sharpen Cognitive Fitness

When people hear of improving memory, their mind straight away fly to some secret method. A method that perhaps memory master adopt to memorize an extremely long lists of words. That's right, there is a method involved but the truth is, it plays a tiny part in [memory improvement](#).

Far more essential is the status of your brain. The formula that these memory master use is similar to the software that is build into your computer. Without the proper hardware, these software will not function as it is designed. If you want to enhance your memory, the primary thing you need to do is first improve your hardware.

In this article, I will show you just how to do that.

1. Nourishment always comes first when you desire to correct anything related to your body. That includes your brain. The rule of thumb is straightforward: consume plentiful green leafy vegetables and less sugar. Sugar constitute of fructose (all fruits), glucose (milk) and carbohydrates in grains, spaghetti and bread. As a substitute, consume more meat! Many individual did not realize this but meat have vitamin B12, which is important for a healthy brain. Sadly, B12 will not be found in any non-animal source and so providing that you're a vegetarian, make sure to supplement your diet with this.

2. Do more exercises. That means running and simply walking thirty minutes each day. Cardio exercises increases blood flow to your brain. It also stimulates the release of numerous chemicals valuable for your mental functions. Indeed, a lot of high performing people reported their most productive ideas surface when they are doing their exercises. stroke of luck?

3. Engage in [brain training](#). That means studying new things (languages is ideal) and doing brain exercises. When your brain is challenged, it modify and strengthen. Yet more importantly, you need to preserve social interaction, lacking which your brain would deteriorate when approached by a challenge.

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