

**Using your own words as far as possible, summarise the passage in about 100 words.**

## How to boost your memory at any age

A strong memory depends on the health and vitality of your brain. Whether you're a student studying for final exams, a working professional interested in doing all you can to stay mentally sharp, or a senior looking to preserve and enhance your grey matter as you age, there's lots you can do to improve your memory and mental performance. .

Memory, like muscular strength, requires you to "use it or lose it." The more you work out your brain, the better you'll be able to process and remember information. But not all activities are equal. The best brain exercises break your routine and challenge you to use and develop new brain pathways.

Think of something new you've always wanted to try, like learning how to play the guitar, make pottery, juggle, play chess, speak French, dance the tango, or master your golf swing. Any of these activities can help you improve your memory, so long as they keep you challenged and engaged.

While mental exercise is important for brain health, that doesn't mean you never need to break a sweat. Physical exercise helps your brain stay sharp. It increases oxygen to your brain and reduces the risk for disorders that lead to memory loss, such as diabetes and cardiovascular disease. Exercise also enhances the effects of helpful brain chemicals and reduces stress hormones.

Sleep is also critical to learning and memory. There is a big difference between the amount of sleep you can get by on and the amount you need to function at your best. The truth is that over 95% of adults need between 7.5 to 9 hours of sleep every night in order to avoid sleep deprivation. Even skimping on a few hours makes a difference! Memory, creativity, problem-solving abilities, and critical thinking skills are all compromised.

Finally, research shows that having meaningful friendships and a strong support system are vital not only to emotional health, but also to brain health. In one recent study from the Harvard School of Public Health, for example, researchers found that people with the most active social lives had the slowest rate of memory decline.

<https://www.helpguide.org/articles/healthy-living/how-to-improve-your-memory.htm>