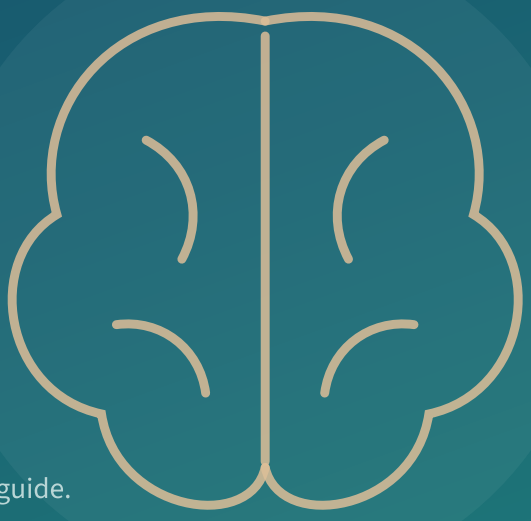
A FREE PRACTICAL GUIDE

7 Daily Habits to Sharpen Memory After 50

Simple, science-informed steps to feel clearer, stay focused, and keep track of names, keys, and the moments that matter

- ✓ 7 easy habits you can start today
- ✓ A "Try this today" step for each one
- ✓ A printable 7-day habit tracker



Not medical advice. Please read the disclaimers at the end of this guide.

Welcome. You're not alone.

Walked into a room and forgotten why? Blanked on a neighbor's name? Spent ten minutes hunting for your glasses, only to find them on your head?

If so, you're in very good company. According to the National Institute on Aging (NIA), part of the National Institutes of Health, mild forgetfulness, like taking a little longer to learn something new or misplacing things now and then, is often a normal part of aging.

The encouraging part: the NIA also notes that while genes can't be changed, many lifestyle factors *can*, and that small changes can add up when they become part of your routine.

That's what this guide is about. No complicated programs, no expensive gadgets. Just **seven everyday habits**, each with a short explanation of why it matters and one small thing you can **try today**.

How to use this guide

- **Read one habit a day.** Each takes about two minutes.
- **Pick one or two to start.** You don't need to do everything at once.
- **Use the 7-day tracker** (page 10) to check off what you did. Seeing progress is motivating.

A gentle but important note: If memory changes are getting in the way of everyday life, such as driving, managing bills, or finding your way, or if they seem to be getting worse, please talk with your doctor. Some causes of memory trouble, like medication side effects, poor sleep, or low mood, can be addressed.

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HABIT ONE

Protect Your Sleep

Sleep isn't "down time" for your brain. It's when a lot of important work gets done.

Why it helps

The NIA explains that both main stages of sleep help you store memories, and that a good night's sleep helps you learn, create new memories, pay attention, and make decisions. Poor-quality sleep, on the other hand, can lead to problems with memory and more stress.

Our sleep naturally changes with age. Many of us go to bed and wake up earlier. The NIA's general guidance for adults is about **seven to nine hours** a night.

Simple ways to sleep better

- Go to bed and get up at the **same time every day**, even on weekends.
- Skip caffeine later in the day, and avoid napping in the late afternoon or evening.
- Avoid large meals within two to three hours of bedtime.

✦ Try this today

Choose a "lights out" time that gives you 7+ hours before your usual wake-up time. Set a gentle reminder on your phone 30 minutes before it, then dim the lights and put screens away.

Source: National Institute on Aging, "Sleep and Older Adults."

HABIT TWO

2 Move Your Body (A Walk Counts!)

What's good for your heart is good for your head.

Why it helps

The NIA lists being physically active as one of the steps that can help maintain cognitive health. It points to a randomized controlled trial in which exercise increased the size of a brain area important to memory and learning.

The CDC recommends that adults 65 and older aim for at least **150 minutes a week** of moderate activity, such as brisk walking (for example, 30 minutes a day, 5 days a week), plus muscle-strengthening on 2 or more days and activities that improve balance.

Not there yet? That's fine. The CDC is clear that **some physical activity is better than none**, and that you should be as active as your abilities and health allow.

✦ Try this today

Take a 10-minute walk after one meal. Want a bonus? Try a simple balance move the CDC mentions: stand up from a chair without using your hands, 5 times, holding the counter if needed.

> Starting a new exercise routine? Check with your doctor first, especially if you have heart, joint, or balance concerns.

Sources: National Institute on Aging, "Cognitive Health and Older Adults"; CDC, "Older Adult Activity: An Overview."

HABIT THREE

3 Eat the Mediterranean Way & Drink Water

There's no single "magic" brain food. It's the overall pattern that counts.

Why it helps

Harvard Health Publishing notes that no single food can ensure a sharp brain as you age, and that the best "brain foods" tend to be the same ones that protect your heart and blood vessels. Think leafy greens, fatty fish, berries, and nuts like walnuts.

The NIA reports that some studies have linked Mediterranean-style eating, and the related MIND diet, with better cognitive health. It also notes the research is still evolving. In other words: a sensible, enjoyable way to eat, not a miracle.

Build a "brain-friendly" plate

- **Plenty of:** vegetables (especially leafy greens), fruit and berries, beans, whole grains
- **Regularly:** fish (try twice a week), nuts, olive oil
- **Less often:** processed meats, fried foods, sweets

And don't forget water. Our sense of thirst can fade with age, so it's easy to fall behind. Keeping a glass or bottle within reach is a simple, healthy habit.

✦ Try this today

Add one handful of leafy greens or berries to a meal you already eat, and fill a water bottle in the morning to keep beside you all day.

Sources: Harvard Health Publishing, "Foods linked to better brainpower"; NIA, "Cognitive Health and Older Adults."

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HABIT FOUR

Stay Connected

A good conversation is exercise for your mind and nourishment for your heart.

Why it helps

The NIA encourages staying connected with family, friends, and neighbors through social activities and community programs as a way to ward off isolation and loneliness. It describes early results from a clinical trial of adults 75 and older in which regular conversations over internet video calls showed promise for supporting thinking skills.

The CDC notes that older adults are more at risk for social isolation, and that isolation and loneliness are linked to serious health problems such as heart disease and stroke.

Talking with others makes us listen, remember details, follow a story, and respond. That's a real workout for the brain.

Easy ways to connect

- Schedule a weekly phone or video call with a friend or grandchild
- Join a walking group, book club, faith community, or class
- Volunteer. It adds purpose as well as people.

✦ Try this today

Call or video-chat someone you haven't spoken with in a while. Ask them one question about their life you've never asked before.

Sources: NIA, "Cognitive Health and Older Adults"; CDC, "Health Effects of Social Isolation and Loneliness."

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HABIT FIVE

Keep Learning Something New

Your brain loves a fresh challenge, especially one that takes real focus.

Why it helps

The NIA suggests keeping your mind engaged. It describes a study in which older adults who learned a new, demanding skill (quilting or digital photography) showed more memory improvement than those who only socialized or did less demanding activities.

The NIA also urges caution about claims that particular computer or online "brain games" will improve memory. The best challenge is often a real-world skill you enjoy and stick with.

Ideas to get you started

- Pick up an instrument, a language, or a craft like painting or woodworking
- Take a community-college, library, or online class
- Learn a new card game, dance, or recipe from another cuisine

The key is **new and a little challenging**. Doing the same crossword style every day is pleasant, but stretching into something unfamiliar is where the growth happens.

✦ Try this today

Spend 15 minutes on something you've always wanted to learn: watch a beginner lesson, borrow a library book, or learn three phrases in a new language.

Source: NIA, "Cognitive Health and Older Adults."

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HABIT SIX

Calm Your Stress

A worried, rushed mind is a forgetful mind.

Why it helps

The NIA notes that negative emotions and stress can cause memory problems, and that these are usually temporary, improving as the stress fades. It also says that being active, socially engaged, and feeling a sense of accomplishment from learning new skills can help with both memory and mood.

Think about it: when you're anxious or rushing, you're less likely to notice where you set your keys or catch someone's name. Slowing down gives your brain the attention it needs to store new information.

Calming habits to try

- **Slow breathing:** in for 4 counts, out for 6, for two minutes
- Time outdoors, gardening, music, prayer, or quiet reflection
- Do one thing at a time instead of multitasking

> If you've been feeling down, anxious, or hopeless for more than a couple of weeks, please reach out to your doctor. Mood and memory are closely linked, and help is available.

✦ Try this today

Set a reminder for mid-afternoon. When it goes off, sit comfortably and do 2 minutes of slow breathing (in for 4, out for 6). Notice how you feel afterward.

Source: NIA, "Memory Problems, Forgetfulness, and Aging."

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HABIT SEVEN

Use Simple Memory Tricks

Even people with great memories rely on systems. You can too.

Why it helps

The NIA recommends practical tools for everyday forgetfulness: plan tasks, make to-do lists, use calendars and notes, and keep your wallet or purse, keys, phone, and glasses **in the same place each day**. These tricks free up mental energy for what matters.

Three tricks worth learning

1. The "Name Game." When you meet someone, *say their name back* ("Nice to meet you, Carol"), then link it to a picture: Carol singing a Christmas *carol*; Mr. Baker holding a loaf of bread. Use the name once more before you part.

2. A "landing spot." Pick one bowl or tray by the door for keys, glasses, and wallet. Every time you come home, they go there. No exceptions.

3. Say it out loud. Setting something down somewhere unusual? Say it: *"I'm putting my passport in the desk drawer."* Paying attention in the moment helps it stick.

✦ Try this today

- Choose your landing spot and put your keys there right now.
- The next time you meet someone, repeat their name and picture a fun image to go with it.

Source: NIA, "Memory Problems, Forgetfulness, and Aging."

Your 7-Day Memory Habit Tracker

Print this page and keep it on the fridge. Check a box each day you practice a habit. Aim for progress, not perfection!

Start date: _____

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1. Sleep Same bedtime, 7+ hours	☐	☐	☐	☐	☐	☐	☐
2. Move Walk or activity, 10+ min	☐	☐	☐	☐	☐	☐	☐
3. Eat & drink well Greens/berries + water bottle	☐	☐	☐	☐	☐	☐	☐
4. Connect A real conversation	☐	☐	☐	☐	☐	☐	☐
5. Learn 15 min of something new	☐	☐	☐	☐	☐	☐	☐
6. Calm 2 min slow breathing	☐	☐	☐	☐	☐	☐	☐
7. Memory tricks Landing spot / name game	☐	☐	☐	☐	☐	☐	☐

This week I noticed…

Keep Going: Small Steps, Every Day

Congratulations on taking this step for your brain health.

Remember, you don't have to be perfect. Sleep a bit better, walk a little more, fill your plate with color, call a friend, learn something new, breathe, and use a few clever tricks. Done consistently, these everyday habits support how you think and feel.

Come back to the tracker each week, and add one new habit whenever you feel ready.

Thinking about nutritional support, too?

Along with these daily habits, some readers also like to add nutritional support to their routine. If that interests you, one supplement that may be **worth a look** is **Phytomem One**, a brain-health supplement designed for adults 55 and older.

It isn't a replacement for the habits in this guide, and like any supplement, results vary from person to person. Read the details, check the ingredients, and talk with your doctor or pharmacist before adding it, especially if you take medications or have a health condition.

See how Phytomem One works →

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Important Disclaimers & Sources

Medical disclaimer

This guide is for general educational and informational purposes only. **It is not medical advice** and is not a substitute for professional diagnosis or treatment. Always talk to your doctor or another qualified health professional before changing your diet, exercise, sleep habits, or supplement routine, and before starting any supplement, especially if you are pregnant, nursing, taking medication, or managing a health condition. If you are concerned about changes in your memory or thinking, please see your doctor.

Supplement statement

Statements about dietary supplements have not been evaluated by the Food and Drug Administration. Dietary supplements are not intended to diagnose, treat, cure, or prevent any disease. Individual results vary, and no specific results are promised or guaranteed.

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