

# 7 brain training exercises that help you improve your memory and maintain a clear mind

Besides the memory enhancement products, you can also do some simple exercises below to help boost your brain, protect your memory.

The brain is a very complex organ, this is the center of storing and controlling all human activities. In the brain, memory is described as a cognitive process that stores information and retrieves when needed.

1. Just spend 20 minutes every morning, you will have a super productive day!
2. 10 tips to relax your mind and improve your intelligence can be done
3. 6 habits that help you develop brain power

However, when you turn 40, the function of the body in which the brain will begin to enter the stage of aging, memory loss is very easy to meet. So it is important that you protect your brain function because if your ability to memorize is reduced, you may not study, remember anything, even the most basic life skills. Because most of our actions are imitation and memorization when we are young.

Besides the memory enhancement products, you can also do some simple exercises below to help boost your brain, protect your memory.

## 1. Exercises with numbers

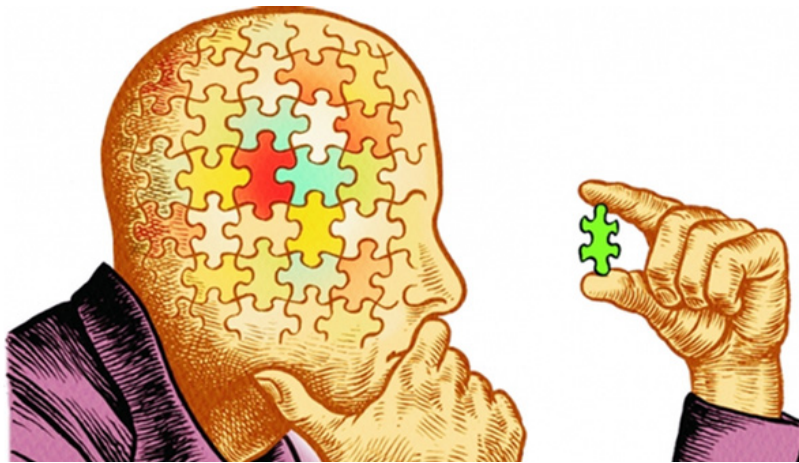


improving memory significantly.

## 4. Detailed observation exercises

Observing details and remembering things, the surrounding phenomenon will help your brain remember the necessary information. Every day, take the time to observe the 4 details around your life including: people, buildings, cars, movies . by the end of the day list the details you have observed. Yes, this will help you evaluate your memory. If you practice regularly in this way, your memory ability will increase significantly.

## 5. Focus and repeat



Focusing on what others say is not only an act of respect for the other person but also a significant improvement in memory. Listen then repeat what they have said in your head as soon as the conversation is still going on. Attention and repeating information to small details will help your memory significantly improve.

## 6. Repeat the information

Repeating the information that you previously collected helps you strengthen your knowledge in the brain. This technique can be applied by using a note card, arranging your notes into 3 batches and checking your memory for correct information. When you start, you should do it with small spaces and increase it.

## 7. Learning foreign languages



That seventh exercise is to study two languages ??in parallel at the same time. Knowing a new language other than your mother tongue will help your brain, because receiving a new language forces your brain to work harder to remember information.

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