Exercise
Breaking a sweat is not only smart for your waistline, but it's also smart for your brain. A study done by the University of Georgia shows that exercising for 20 minutes facilitates information processing and memory. Those who exercise regularly learn faster, remember more, think more clearly, and bounce back more easily from brain injuries, such as stroke.

Read
Regular reading (we're talking books or substantial magazine articles, not emails or Facebook statuses) has been shown to slow the progress of dementia, increase your vocabulary, improve your memory, strengthen analytical thinking skills, and improve your concentration.

Use Your Non-Dominant Hand
Your brain loves routines because it can be lazy. Shake things up by switching hands during menial activities. Brush your teeth with the opposite hand. Carry your purse on the other arm. Even crossing your legs or folding your hands opposite of your usual way will stimulate your brain.

Play Games
Challenging yourself to think in different ways encourages the brain to create new neurons and synaptic pathways. So feel free to play Bejeweled on your smart phone, kick back with a crossword, and piece together a jigsaw puzzle. Mix it up and add new games and puzzles frequently to keep challenging your mind.

Learn Something New
Continual learning contributes to brain plasticity—the ability of the brain to “rewire” and relearn things—which can reduce the impact of dementia, Alzheimer's, and brain injuries. So take a photography class, learn a new language, and enroll in music lessons. You'll not only develop a great new hobby, you'll be keeping your mind sharp.

Eat Smart
Your brain only weighs about three pounds but uses about 20% of your daily calories to function. Eating a healthy, balanced diet rich in vitamins, minerals, and antioxidants is essential to brain health. And since the brain needs fatty acids to function, it's important to get plenty of omega-3s. Eat salmon, nuts, avocados, and supplement with Vitality Omega-3 Creme Delight™ or Vitality Coldwater® Omega-3 capsules.

6 Ways to Keep Your Mind Sharp
As you age, you expect your metabolism to slow down and you know your joints will need a little TLC. But you never want you mind to stall on you. Keep your brain sharp and healthy with these six proven suggestions.
Just one creamy tablespoon provides a supercharged brain boost with an incredible fruity flavor that will have the whole family licking the spoon clean. It’s a full 1,080 mg of powerful, natural EPA and DHA in every spoonful, with no artificial sweeteners or artificial flavors.

A spoonful of smart.