

Local Masters Swim Committee for Virginia
Dee DeLong, Registrar
6103 Eagles Nest Circle
Manassas, VA 20112-3029

Prstd Std
U.S. POSTAGE
PAID
Richmond, VA
Permit #1630

Memory continued from page 8.

Step 4: **Manage chronic conditions.** High blood pressure, heart disease and diabetes have all been shown to hamper memory. By swimming 30-45 minutes most days, lowering your body fat, limiting your consumption of red meat, trans fat and alcohol, and eating lots of fruits and vegetables, you can minimize the impact of these diseases.

Step 5: **Eat a diet rich in antioxidants.** Vitamins B, C, E and beta-carotene, as well as other antioxidants, are essential to optimize brain function. You can get most of these vitamins through your diet, though some supplementation may be helpful as you get older. Research has shown these vitamins are highly correlated with improved memory in people over 60.

Step 6: **Review your medications with your doctor.** Some medications in large doses or in combination with other medications can affect memory. Your doctor may want to change your meds or lower the dosage.