

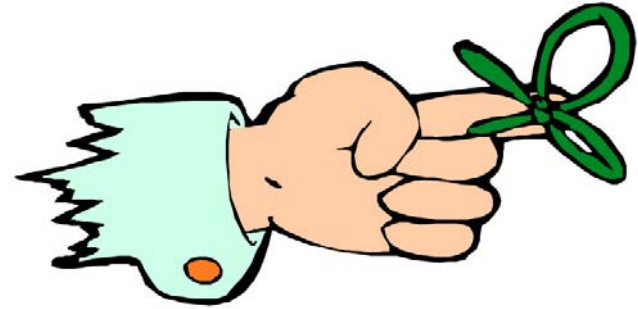
10 Steps to Mental Fitness

1. Read. This exercises your short term, working, and long-term memories.
2. Use your non-dominant hand to exercise the other half of your brain.
3. Keep a journal to strengthen your mental eye and spatial skills.
4. Solve crossword puzzles to exercise logic and creativity.
5. Practice remembering names and faces in restaurants, department stores, etc.
6. Make a goal of remembering something from one day to the next.
7. Play games of strategy like chess, checkers, bridge, & scrabble for spatial skills.
8. Regularly exercise your body to foster brain chemistry.
9. Learn to play a musical instrument to grow brain cells.
10. Learn a language to increase brain matter density.

As a proactive response to thyroid cancer, Scott learned extensive memory techniques to combat the effects of his treatment. His intriguing transformation from mediocre student to international memory champion led Wake Forest Medical Center and Duke University Medical Hospital to reveal fascinating facts about his memory for several documentaries shown on The Discovery Channel, CNN, and The Learning Channel. The detail of his account is in his first book (Simon & Schuster, hardcover, 2006) now published in six languages. Scott's media appearances include:

- ♣ Good Morning America
- ◆ Fox and Friends
- ♥ CBS Early Show
- ◆ NBC Today Show
- ♥ CNN Anderson Cooper 360°
- ◆ The Ellen DeGeneres Show
- ◆ People Magazine
- ♥ The New Yorker
- ♠ Games Magazine
- ♥ Reader's Digest
- ♠ The Wall Street Journal
- ♣ Family Circle Magazine
- ◆ AARP

THE SEVEN FUNDAMENTALS OF MEMORY



ACCELERATING THE ART & SCIENCE OF EDUCATION & LEARNING

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A memory is the diary we all carry about with us
Oscar Wilde