

HEALTHWELLNESS.SOLUTIONS

Memory loss: 7 tips to improve your memory

1. Be physically active every day
2. Stay mentally active
3. Spend time with others
4. Stay organized
5. Sleep well
6. Eat a healthy diet
7. Manage chronic health problems

<https://www.mayoclinic.org/healthy-lifestyle/healthy-aging/in-depth/memory-loss/art-20046518>

Best 5 Day Workout Schedule:

- Day 1: Chest + (Light) Triceps.
- Day 2: Back + (Light) Biceps.
- Day 3: Core + Forearms + Calves + Cardio.
- Day 4: Shoulders + (Heavy) Triceps.
- Day 5: Legs + (Heavy) Biceps.
- Day 6: Rest (Light core workout as an option)

<https://betterme.world/articles/best-5-day-workout/>

3 Yoga Wellness Trends to Follow

In and Out of the Studio Class Offerings

If there is one thing we've learned since 2020, it's that there's no substitute for human connection. People value having a sense of community, and for that reason, many students have chosen to return to in-person classes.

Yoga Featured In Wellness Events

Another yoga trend you're likely to see more of in 2022 is yoga to enhance your wellbeing. While it's no secret that yoga has always enhanced our wellness, this year marks the massive increase of virtual and in-person wellness events that include yoga, meditation, and guided breathwork classes and workshops.

Face Yoga

Face Yoga, a combination of techniques that include facial exercises, massage, and acupressure, helps to tone facial muscles and improve one's overall complexion. Sure, yoga has always been said to keep practitioners feeling young, but this style certainly seems to bring the concept of "anti-aging" to a new level.

<https://www.yogiapproved.com/wellness-trends-2022/>

