To sharpen your focus and improve your memory, add more of these to your life:

- **Music**
  - Listen, play, sing
- **Exercise**
  - Walk, run, dance
- **Sleep**
  - Slumber, siesta, nap
- **Laughter**
  - Giggle, chuckle, guffaw

To learn more, visit [www.WellonTarget.com](http://www.WellonTarget.com).