

# Download Improving Your Memory

2. Jog Your Memory - Literally. Exercise increases your heart rate which gets blood flowing to your brain, thus keeping your memory sharp. Running, swimming, biking - any form of exercise - for at least 30 minutes helps enlarge the hippocampus, which is regarded as the 'memory center of the brain'. Did you forget where you put your keys? It's normal to forget things, but it can be a sign of memory problems. Read more on memory and memory loss. How do you keep everything in mind when solving tough problems? When you read a book, listen to a podcast or have a conversation—how does your brain hold onto all the information? The answer is something psychologists call working memory. Unlike long-term memory, which I've covered in-depth here, working memory isn't about remembering the past. Performance optimization of code is serious business. It's fairly common to see a piece of functionally correct software written in C or C++ that takes way too much memory, time, or, in the worst case, both. As a developer, one of the most powerful tools that C/C++ arms you with to improve processing time and prevent memory corruption is the control over how memory is allocated or deallocated ...