

Dr. Gary Small has spent years developing simple ways for people to improve their long-term memory and mental capacity with brain teasers, a healthy-brain diet, stress reduction and physical conditioning. Find out how he stays alert and mentally invigorated throughout his workday.

A day in the life of Dr. Gary Small

Early Morning



I wake up around 5:30am. I greet the day by taking a few deep breaths, simply enjoying the silence of the morning.

My real day begins by energizing my brain and body. First, a healthy breakfast: egg whites with non-fat cheese, toast with all-natural fruit spread, a cup of coffee, and a multi-vitamin and omega 3 supplement. And of course, during breakfast, a mind-stimulating Sudoku puzzle and crossword.

I then move on to my morning workout routine (some core abdominal strength exercises, and stretching with an elastic band). I add some push ups and chin ups to get my heart pumping.

Mid-Morning

When I travel, it's all about staying stress-free. I stay organized with a travel folder, and leave myself a cushion of time to pack and take care of any last-minute errands that come up. On the bulletin board next to my keys, I keep a copy of my travel calendar so my family can keep track of me.

I routinely have a snack mid-morning and mid-afternoon to ensure that my brain gets adequate nutrients – and stays sharp – all day long. I combine healthy carbs and proteins (an apple with string cheese, cottage cheese with raisins, unsalted almonds), and make sure I drink lots of water throughout the day.

Lunch

For lunch I have chicken salad, a ham and Swiss cheese sandwich, or sushi if it is available and I drink a club soda or sometimes a diet soda. If I have time I will break for a puzzle, especially if I'm traveling.

Afternoon

To energize myself at work, I take the stairs in to the office, and drink green tea. When I travel, I power walk through the airport between terminals; and always choose the stairs over the escalator.

It's essential to take breaks throughout the day. Every few hours, I get up and stretch, take a brief, brisk walk, or make a phone call or two to connect for a moment with

family and friends. It helps keep me positive and lowers my overall stress level.

Every hour, I pause – or at least, switch up tasks to keep my mental gears working properly. If I've been staring at the computer screen for 40 minutes, I'll pick up the phone and make a call – or vice versa.

Late Afternoon / Evening

In the evening I work out on the elliptical trainer while watching the news. When I travel, I use swim trunks for workout shorts, in case I'm lucky enough to be staying somewhere with a pool.

Dinner means a well balanced meal of chicken or fish, carbohydrates and vegetables, with a glass of wine. At night, I keep my protein portions small and fill up on salad and vegetables so I'm not too full when I go to bed. If I'm hungry later on in the evening, I'll stick to fruit - strawberries or blueberries (which are high in antioxidants).

Wind Down / Night

If I'm traveling somewhere new, I love to explore my surroundings on a long walk. When I get back to my room, I connect with my family, brew some Chamomile tea, read a book outside of my current profession and engage in a deep breathing exercise to relax myself to sleep.