

Sport and memory

Are you:

- Aged 16 or over?
- Interested in finding out how good your memory is compared to other people your age?

Do you:

- Want to learn how to improve your memory?
- Have 30 minutes to spare over the next 24 hours?

What is this about?

- To help us better understand the impact of sports on memory our team at Goldsmiths, University of London has developed a simple online test to measure memory performance, so that anyone can take part.

How can you help?

- As long as you are 16 or over, you can help - we need as many people as possible, of all ages.
- We need BOTH people who play any form of sports AND those who don't - this is to compare between groups and across sports!
- Importantly, we are looking for ALL levels of memory, so do not worry if your memory is one of the better ones, worse ones, or just 'average' - we need you all 😊

You will get:

- Your memory score.
- A personalised report showing how your memory compares to other people.
- Guidance on how to improve your memory.

What do you need to do?

Visit www.forgettingtest.org/sports and complete a memory exercise, then return for 3 minutes after 1 hour and after 24 hours.

If you have any questions: contact Terry McGibbon at tmcgi001@gold.ac.uk

