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Over the past three decades, extensive research has increased our knowledge of risk factors and protective factors for memory decline and Alzheimer's disease. Most of the predictors of cognitive decline that have been identified so far are fixed or not readily modifiable, such as genetic factors, gender, low level of schooling, impaired hearing or vision, and health impairment. Accordingly, most of these predictors do not suggest areas for the prevention of dementia or the delaying of the cognitive deficit, because they reflect either genetic factors or early life experiences, or are not readily avoidable. By contrast, aspects of engaged lifestyle are potentially alterable. The aims of the present dissertation are to shed light on the nature of an engaged lifestyle and to examine its relationships with memory performance and health. Our overall results indicate that an active and engaged lifestyle results in better memory performance. Specifically, married people show better episodic memory function than single people. Also, the extent of decline with age is significantly lower for married individuals than for single and widowed individuals. Social activity also positively predicts episodic memory performance over the life span. Good episodic memory performance, in turn, can also have a positive influence on cognitive activity. Our results show that the positive effect of leisure activity on memory performance is mediated by health. An active and engaged lifestyle can directly, or indirectly through health, protect people from memory decline.