

Expert: Memory & Lifestyle Factors



Nelson Dellis

A memory consultant to the *Beautiful Minds: Finding Your Lifelong Potential* campaign, Nelson Dellis is a two-time USA Memory Champion and holds two USA memory records – memorizing the most digits in five minutes (303) and memorizing a deck of shuffled cards in 63 seconds. Dellis is a Grandmaster of Memory.

Aside from his mental training, Dellis is passionate about physical exercise, specifically climbing mountains. He's climbed on Mt. Everest twice, as well as Kilimanjaro, Mt. Rainier, Mt. McKinley, and Mt. Blanc.

In 2010, Dellis founded a non-profit charity, Climb for Memory, with a goal to raise awareness of Alzheimer's disease. His grandmother passed away from the disease and it is that event which inspired him to train and improve his memory. He is also the creator of the Extreme Memory Tournament, a new type of memory competition making its debut later this

spring.

Dellis has been interviewed about his memory accomplishments by several high-level outlets, including NBC's Today Show, TIME, Oprah Winfrey Network, Katie, CNN.com, National Geographic magazine, among many others.

To speak with Nelson Dellis, please contact Brent Renneke at brent.renneke@clynch.com.