

Healthy Habits

FOR AGEING GRACEFULLY



HEALTHY HABITS FOR AGEING GRACEFULLY

How much thought do you put into your health? For some, it can be really hard to give attention to their body. People often find it easier to fall into patterns that are too familiar and leave life with little to no challenges that test your mettle on a daily basis.

Some older people however are living full lives. These accomplishments aren't by accident, and are the work of people who have good routines, but what exactly do they do, and how do they stay motivated?

Aging is something everyone goes through, but how you age might be much different than someone else. The real trick is to do so while retaining a vigour for life. While getting older can present a new set of challenges for many people, there are some major benefits to living a lifestyle that fosters health and well-being.

Surprisingly there are just a few rules that you can follow to make sure that you are living in a healthy way. In this guide, you will find an exploration of some things you can do to age gracefully.

AVOID SMOKING

Smoking and tobacco products accounts for a large portion of cancer cases, particularly those in the mouth, throat and lung areas. Smoking also had a hardening effect on the circulatory system.

This is a bad thing because losing the elasticity in your arteries means a danger of rupture, decreased healing ability, and a heightened risk of heart disease. Another risk is that during a cardiac event, damaged arteries decrease chance of survival due to the brittle nature of the arteries.

HAVE AN ACTIVE SOCIAL LIFE

When you have friends and loved ones around, it's a lot easier to be involved in all sorts of fun, engaging activities. Taking trips to the mall or the grocery store, playing sports or going to the theatre all become fun events that add quality to life. Being around people and having physical contact also helps to lower stress, which helps preserve health.

HAVE AN EXERCISE ROUTINE

How often do you get out and walk? Studies have shown a noticeable increase in health of organs of those who are more physically active. Walking, even standing up frequently through the day can increase health.

Active bodies have better circulation, which means that you will decrease your risk of stroke and other life-threatening events. It helps to get the blood pumping which can flush your skin with blood flow delivering fresh oxygen and nutrients to your cells.

Exercise also helps the body to circulate lymph fluids which help carry toxins to places in the body where they can be removed. Even something as easy as a trampoline can work wonders for these systems. If you can get 2 - 3 workouts in during a week, they you can decrease chances of heart disease by more than 28%.

Exercise is also a good stress reliever. Going for a walk is a good way to relieve stress especially if you look around you as you walk. This can take your attention off of whatever is causing you to feel stressed and result in feeling more relaxed.

AVOID USING HEAVY MAKEUP

The beauty industry pours copious amounts of money into advertising by placing ads for makeup in every magazine known to mankind. This results in the widespread usage of powders and creams that are intended to create specific styles and looks.

Over time, these substances can put a lot of wear on your skin, drying it, and even causing lasting damage from habitual use. This can happen because pores become clogged, and they are the ventilation and excretion system for the largest organ in your body, the human skin. Using simple makeup like lipstick and eyeliner goes a long way.

USE NATURAL SUBSTANCES ON YOUR SKIN

Rather than buying overpriced skin care products, you can make your own cleansing and moisturizing facial masks at home.

Boil water and oatmeal to create a soothing, moisturizing treatment for your face. As this mixture cools, add a small amount of plain yogurt along with the egg white from one egg and honey. Apply this mixture to your facial and neck skin for 15-minutes so that it dries before rinsing it off with warm water.

You will notice that the dry skin on your skin exfoliates after this treatment, and the remaining skin is soft and smooth.

PERFORM FACIAL MUSCLE EXERCISES

Daily exercise for your body is vitally important, but you can also improve the condition of your facial muscles with specialized exercises. With these exercises, you can prevent crow's-feet around your eyes and marionette lines around your mouth.

Look for online videos that will teach you how to perform facial muscle exercises to reduce the appearance of the fine lines and wrinkles on your face.

CREATE A RESTFUL BEDROOM

If you can't sleep at night, then you may not have a restful bedroom. You should replace your bed's mattress and box springs every 10 years to have a supportive surface for your back, hips, and legs. In addition, buy a new pillow at least every two years to have a supportive surface for your neck and head.

Make sure to choose a pillow that keeps you from damaging your facial skin. When you wake up each morning with marks on your face from your pillow or pillowcase, it is time to find a different pillow.

Turn off all screens at least an hour before bedtime and don't use your phone in bed. If you have to have a computer in your bedroom be sure to turn it off along with the wifi before you go to bed. You might even find the light from a clock-radio creates a little disturbance to your sleep which you might not be aware of.

Ensure the temperature in your bedroom is optimum. A cool room is generally best and if you can have a window slightly open that is also good as it provides a flow of oxygen throughout the night.

GET PLENTY OF SLEEP

It's recommended to get between 7 – 9 hours of sleep a night. This is important because while we sleep the body is regenerating. Your sympathetic nervous system gets a chance to relax and the hormone cortisol lowers (the stress hormone). The liver is undergoing its detoxification process and your muscles are relaxing. A lot happens while we sleep and when your body doesn't get enough then it starts to

show – not only under your eyes but your overall energy levels and ability to deal with the day to day aspects of living decreases.

EAT HEALTHY NATURAL FOOD

Diet makes up a large portion of the factors that involve health. For the best health, it's important to have a lot of natural foods to eat. Today, natural is becoming a more relative term, but what this really means is that you aren't eating as much processed or pre-packaged foods that have heavy chemical preservatives and the like. Stick to lots of deep coloured veggies and you'll gain a lot of collagen forming nutrients that help your skin to look full and youthful.

You should eat at least 10 servings of fresh fruits and vegetables each day to feel and look younger. The best vegetables and fruits have brightly coloured flesh to provide antioxidants that help to eliminate the free radicals that invade your body's cells. When you're shopping for groceries at your local supermarket, look for blueberries, spinach or tomatoes along with oranges, cucumbers and bell peppers.

DRINK A LOT OF WATER EACH DAY

Drinking a lot of water is one of the best ways to have younger looking skin. If you drink soft drinks or coffee, then you will urinate frequently because caffeine is a diuretic. Limit how many alcoholic or caffeinated beverages that you drink each day to have skin that is soft and supple.

When you don't like drinking plain water, use fruit infused water instead. Not only does hydration help your skin, but also, it improves the way that your brain functions.

REDUCE YOUR SUGAR INTAKE

Most people are aware of the negative impacts that sugar can take on our health. However, many do not realize that sugar can dramatically age our skin and steal away our youthfulness. Too much sugar, particularly fructose and glucose, like to dehydrate our skin's protective proteins. This process is referred to as advanced glycation. This process makes your skin lose its elasticity and will look duller.

BREATHE MORE DEEPLY

When we're stressed breathing can become shallow. Similarly when we're concentrating on tasks at hand our breathing can become shallow. By breathing

more deeply your heart rate slows down, more oxygen gets into the blood stream and sends a message to the brain to relax. The additional oxygen in your blood stream helps the cells to survive better and the exhaling gets rid of carbon dioxide.

Breathing deeply also increases a group of hormones called endorphins which helps you to relax. Take a few moments throughout the day to concentrate on your breathing.

SUMMARY

By adopting the habits above you are well on your way to slowing down the aging process. Your body is like a machine and if it's looked after well it will continue to serve you for a long time – and still look good in the process!