



Staying Young

Growing up, all I could think about was what the future held and where I was going next; the fact that I was 'young' never really entered my mind! These days, I'm doing my best to appreciate the strength I still have, plus finally having the freedom to do what I've always wanted. Certainly, getting older means accepting that gravity is working against me now. But, it doesn't mean I have to feel or act like the best years of my life have already passed me by. Here are a few ways that have helped me look and feel vital, even as I grow older.

1. **Surround yourself with fun, lively and interesting people.** The flipside of that is to avoid spending time with people who complain about how old they feel; often they will just pull you right down with them and make you feel old too. Instead, surround yourself with people who feel and act young, both inside and out.
2. **Work your brain.** A study published in Journal of the American Medical Association shows that brain exercises can prevent mental decline, and the benefits can last for years. Do puzzles like Sudoku, word games, play Scrabble, and make sure to read, read, read. In addition to keeping your brain healthy, you might learn something!
3. **Travel.** Seeing the world and discovering how other people live can add years to your life. Plus, taking the time to plan wonderful things for the future gives you something to look forward to. If your physical or financial circumstances prevent getting on an airplane, train or traveling by car, watch travel documentaries or read books about faraway destinations and their histories and people.
4. **Eat healthy.** Healthy foods, especially those with Omega-3 fatty acids like salmon, walnuts, and seeds, help improve your mood, maintain bone strength, and help prevent visible signs of aging. Omega-3s also keep your skin radiant, a sure sign of health.
5. **Exercise every day.** Remember, even if you're achy or tired, you don't have to run a marathon every day. Just get moving! Soon you'll forget about how tired you are, and you'll have more energy to do all of the fun things you truly want to do. And not only does regular exercise help you lose weight, build strong bones and tone muscles, it boosts your mood, relieves stress and improves mental functioning.
6. **After all that healthy eating and exercise, take time with your appearance.** Get your hair done (including coloring to hide the grey if that's what you want). Wear clothes that you feel good in and flatter your coloring and body. Get a mani/pedi and show off those

hands and feet. Freshly painted nails make me feel gorgeous every time! And if taking time with your appearance means getting help in the way of medical treatments like Botox or wrinkle fillers, don't be afraid to just do it!

7. **Be spontaneous.** When you do something out of the ordinary and on barely a moment's notice, this can make you feel alive and young. As a grandmother, I now pay attention to children because they know how to be happy, young, and carefree.
8. **Most of all, give yourself a break!** Stressing about getting older is worthless – it happens to us all. And stress, as we all know, makes us feel and act old! I help relieve stress by exercising, being with friends and family, and taking time for myself. Even 10 minutes of alone time to meditate can help prevent age-related changes in the brain.

We're all getting older, but that doesn't mean we have to feel or act like we are ready to be put out to pasture. Because with age comes wisdom, and I'm wise enough to know that you're only as old as you feel. Just sayin'.

About the Author

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