

Anti Aging

OR **Rapid Aging...**

You Know It's A CHOICE, Right?



Discover The Subtle Differences In
Lifestyle That Allow You To Look Better,
Feel Better, And Live Longer.

By Carolyn Hansen

About Carolyn Hansen

CAROLYN HANSEN is a noted Holistic Health and Wellness Coach who hails from Whangarei, New Zealand where she owns an Anytime Fitness Gym. She has gained a reputation online as an authority on health, exercise and weight loss matters and is the author of several thousand health and fitness articles along with eBooks and programs that can be found [here](#).

She has devoted more than three decades to the fitness industry, both offline and online, teaching people the simple secrets to getting into better shape, losing weight, and improving health.

Her main goal is to change the paradigm of health care from sickness care to wellness care and will be showing people how to live longer, healthier lives while avoiding the many mistaken beliefs and practices that diminish health and longevity.

She will encourage you to become stronger and stay that way through each decade of your life, maintain your health, wellness and vitality and to ensure your “health span” matches your “life span”.



[Click Here To Discover The Carolyn Hansen Catalogue](#)



Table of Contents

About Carolyn Hansen	...2
Introduction	...4
Anti-Aging Component #1: Diet	...7
Lack Of Antioxidants	...8
Over-Consumption Of Sugar	...9
High Intake Of Trans Fats	...12
Insufficient Quality Protein Intake	...14
Anti-Aging Component #2: Exercise	...16
Improved Muscle Mass And Strength	...17
Enhanced Joint And Bone Strength	...19
Decreased Stress Levels	...20
Improved Immune System	...21
Exercise And Skin Health	...22
Anti-Aging Component #3: Lifestyle	...24
Get Some Sun But Not Too Much	...24
Smoking	...25
Drinking	...26
Lack Of Rest/Relaxation	...27
Anti-Aging Component #4: Mental	...30
Continued Learning	...30
Reading	...31
Meditation	...32
Moving Meditation	...32
Sufficient Intake Of Omega-3 Fatty Acids	...33
Anti-Aging Component #5: Relationships	...35
Overall Outlook	...35
Social Support	...36
Lower Risk Factor For Age-Related Diseases	...36
Conclusion	...38
Where to from here?	...39



Introduction

WELCOME to your guide to defying aging. Whether you like it or not, each and every day, the hands of time are slowly ticking forward. We all only get 24 hours each and every day and once those hours are up, they're gone forever. You will never get those hours back and each morning that you awaken, you will be one day older.

Many people live their life moving at top speed, hardly even noticing the time passing by. They are doing their day to day errands, going to work each morning, relaxing and watching TV in the evening, or doing other busy work that fills their day.

Next thing you know, they're looking back and wondering where the last 10-20 years went.

Not only can this be devastating in terms of not living your life to the fullest if you aren't paying attention to the here and now, but it can also have very negative consequences on how you look and feel.

One thing you must remember is that you only get one body. While you can always buy new cars, new houses, even new clothing to give you a boost when you need it, you can never buy a new body.

If you don't keep your body up and as healthy as possible, it will start to break down and show these signs of aging. Then as 10 or 20 years pass by, it'll become that much more noticeable that you have aged.

The good news is that this is not completely out of your power to change. While it's true, you certainly will not be able to freeze time and completely defy aging, what's not true is that you have to let it **happen** to you. There are many things that you can do to put a stop to aging and ensure that you pass through these years gracefully, all while looking and feeling your best.



Case in point. You can have two individuals both aged 65 looking completely different. One who has kept up good care of their body and who engages in a regular exercise program may look closer to 40 years old. The other, who did not make the same efforts and who may have engaged in activities that only increases the aging process (such as tanning and smoking for instance), may look closer to 80 years old.

Two people, 40 years of an age difference. While this is on the extreme end and not everyone will have these types of effects, it's good to always keep this in mind.



Don't let yourself get to a point where it's too late. This happens all too often. People are going about their day to day lives and then one day wake up and realize their body is giving out. Now they can no longer enjoy the life they want to lead and have serious regrets about not doing something sooner.

Don't let those regrets take over. Take action **now** so that tomorrow you are feeling better about yourself, not worse.

Over the course of the coming chapters, I'm going to go over all the many things that you can do to help put a stop to the aging process before it starts. I'm going to share with you how your day to day actions and decisions influence who you will become so that you can plan your life accordingly.

Right now, I highly suggest you take some time to think about what you want your life to be. How do you want it to look? **How do you want to feel?**

Think about all the activities you want to be doing in your life and what it will take to enable yourself to do those. What kind of physical shape will you need to be in? What kind of mental health will you need to sustain?

Once you have this vision in place for your life right now, 10 years down the road, and 20 years down the road, and possibly 30 years down the road if you are a younger individual right now, it'll be that much easier to stay motivated to put the action steps in place that you need to in order to see optimal results.

While aging will not happen overnight, it does take place slowly but surely. If you are not taking these action steps, you'll notice yourself looking older before you know it.

So let's get started and begin our discussion with how your diet influences your well-being and biological age.

WITH just about anything that has to do with your body, diet is one of the greatest contributing factors. Think of it this way. If you just bought a brand new sports car that you know needed premium fuel to run, would you put in low grade gas?

Of course not. You know very well that low grade gas is going to cause the car to break-down prematurely and you'll run into a number of issues in terms of performance.



Why would you jeopardize this new shiny 'toy' that you just purchased?

But yet, why are you not thinking the same with your body? Your body is far more valuable than a car, but yet, people every day are putting low grade fuel into their engine, so to speak. Is it any wonder why we are having so many health issues?

There are certain issues related to nutrition that when present, will accelerate the aging process. By learning these, you can put your best foot forward to avoid them.

Let's look at the main ones to know.

Lack Of Antioxidants

If there's one thing that your diet needs if you are going to combat the aging process it's plenty of antioxidants. Chances are, you've heard of this term before. But what **really** is an antioxidant?

Each and every day, your body is subjected to stressors that create oxidative effects. Think of it like the rust building on a car. The first day you drive that car out, it's rust-free – shiny as new.

But as you continue driving it over time, the exposed air starts to break down the outer coating and rust begins to appear.

A similar process is happening in your body as we speak. You are encountering a number of toxic substances, either in the air you breathe in each day or because of unhealthy and unnatural substances you are putting into your body.

As these stressors take place, you are slowly but surely breaking your body down. Antioxidants help to defy this process.

Antioxidants serve to neutralize the free radicals that lead to oxidative damage, thus improving your health significantly. They help to combat diseases such as heart disease and cancer, they help to keep your skin, hair, and nails looking their best, and they help you feel more energized and healthy on a day to day basis.

Where can you get these antioxidants from?

Your best bet is through a steady intake of fresh fruits and vegetables. The more of these nutrient dense foods you take in, the higher your antioxidant intake will be. Of course there are other foods that contain antioxidants as well (such as nuts and some oils), but they don't have the level of antioxidants present like you'll get from fresh produce.

So, anti-aging secret #1 is to **consume as many organic fresh fruits and vegetables** as possible.



The more, the better. You really cannot get enough of these wonderful foods.

Over-Consumption Of Sugar

The next dietary factor you need to tend to if you are going to put a stop to the hands of time (as best as possible anyway!) is to reduce your intake of sugar.

Now, most people are good about not eating table sugar. You see the white stuff and you know that you need to avoid it. If you want to keep your body as healthy as possible, it just isn't for you.

That's clear.

But, where else is sugar finding its way into your diet plan? Many people often don't even realize they are taking in as much sugar as they are until they're struck down with diabetes or have packed on a good 10-20 pounds.

Sugar hides **everywhere**. Today's foods are loaded with sugar because our taste buds are so desensitized to the natural taste of food we need it to feel satisfied.

You can find sugar in:

- Yogurt
- Milk
- Breakfast cereals
- Granola bars
- Fruit beverages
- Coffees
- Condiments
- Sauces
- Pasta
- Bread
- Deli meats

Start reading labels. The amount of sugar you are taking in will amaze you.



Nutrition Facts		Serving Size 1 cup (244.0g)
Amount Per Serving		
Calories	105	Calories from Fat 1
		% Daily Value
Total Fat	0.1g	0%
Saturated Fat	0.0g	0%
Polyunsaturated Fat	0.0g	
Cholesterol	0mg	0%
Sodium	5mg	0%
Total Carbohydrates	27.5g	9%
Dietary Fiber	2.9g	12%
Sugars	24.6g	
Protein	0.4g	
INGREDIENTS: EVAPORATED CANE JUICE, HIGH-FRUCTOSE CORN SYRUP, BROWN RICE SYRUP		

What's so bad about all this sugar?

First, it accelerates the aging process by placing great stress and strain on your body. Think about it this way. When you take in sugar, your blood glucose levels will rapidly spike. As this happens, your body realizes it's no longer healthy and as a result, it releases a huge hit of insulin from your pancreas.

This insulin goes in and sucks the excess glucose up out of the blood stream, helping bring your blood glucose levels back down. Where does all this glucose go?

Straight to your body fat cells most of the time. Unless you've just completed a very intense exercise session in which case they'll be shuttled towards the muscle cells, that excess sugar is going to your body fat stores.



And as you already should know, excess body fat puts you at a high risk for a number of age related diseases such as heart disease, diabetes, and stroke.

Second, this sugar contains no nutrients at all. Remember how we talked about antioxidants? Well, you won't be getting any antioxidants when you take in sugar-rich foods.

If you fill your diet up with sugar, you're missing out on the nutrition that would otherwise keep you as healthy as possible.

You only can eat so many calories per day so you want to do everything you can do to ensure those calories count. Eliminating sugar is the first place to start.

At first, this can be a very tricky thing for many people because once you are on sugar, you are **hooked** on sugar. When you come off, you'll get withdrawal cravings and likely feel miserable as your blood glucose level plummets and you want more sugar to 'feed the void'.

You need to avoid this though and stay strong. After the first week or two, it will get easier and you'll find that it becomes that much more manageable to stay away from sugar for good. For many people, going cold turkey on it, while much harder, does tend to prove to be more beneficial. If you slowly wean yourself off, you'll always have that 'taste' of sugar in your mouth and thus the cravings will stay present.

If you are going to come off sugar, your best bet while doing so is to make sure that you are feeding yourself sufficient carbohydrates. Sometimes people will cut all the sugar from their diet, leaving them with a very low carbohydrate intake and as such, causing them to feel miserable. If you bring your intake of healthy carbohydrates up, you can avoid this from happening.

Anti-aging secret #2: eliminate as many of the added sugars from your diet as possible.

High Intake Of Trans Fats

Now we come to the third nutritional element that must be changed if you want to defy aging: avoiding trans fats.

What are trans fats?

These are made-made fats that are designed to increase the self-life of the food products you're consuming. Essentially, manufacturers use them because they reduce the chances their food goes bad while sitting on the store shelves and because it also adds delicious texture and taste to the foods you are consuming.



For consumers, trans fats can be very addicting, so hard to stop eating. Where can you find trans fats? You'll mostly find trans fats in foods like cakes, cookies, pastries, frozen foods, deep fried foods, and many other heavily processed foods that are also rich in dietary fat.

The problem with these fats is that they are completely unnatural for the body and there is no real purpose for them health wise. Instead, they are going to set you up for diseases such as cancer, diabetes, as well as heart disease.

While the right types of fats will actually help combat the aging process, these are not the fats to do it. So keep them out of your diet as much as you can. Instead you'll want to look towards fats that contain an abundance of healthy vitamins and minerals and that will actually work to prevent disease. Good choices include oils like olive oil, avocado oil, and macadamia nut oil, avocados, fatty varieties of fish, flaxseeds, nuts and nut butter, as well as coconut oil based products.



Start looking at labels and anytime you see the term 'partially hydrogenated vegetable oil', you'll know that you are looking at a food that contains trans fats.

Anti-aging secret #3: avoid trans fats at all costs, instead replacing them with unsaturated fats, omega fats, and medium chain triglycerides.

Insufficient Quality Protein Intake

Finally, the last nutritional concept that can accelerate the aging process is if you have an insufficient intake of quality protein in your diet plan. Protein is a must for tissue repair and rebuilding, which is essential for keeping your body functioning at its best.

If you are not getting enough protein in your diet, you are essentially **not** going to be providing the raw materials that are needed to generate new cells, to generate the hormones necessary for keeping all systems in your body working properly, and for generating the lean muscle mass that will help keep you active and able to execute exercise as you should.

Many people are not getting enough protein either because they don't fully understand which the best protein rich food sources to turn to are or because they don't have an appetite that enables them to eat as much as they should.

In addition to this, as noted previously, many people are instead filling their diet full of heavily processed, sugar-rich foods, which only adds to this issue.

To help minimize the signs of aging and ensure you are getting enough, you want to focus on getting at least 1 gram of protein per pound of body weight each day. Now, for some of you who are eating very little amounts of protein, this may seem like an awfully lot, but do take comfort and know that your body will adjust and adapt quickly to getting more protein and soon, you'll be feeling better than you ever have before.

The impacts of adding more protein to your diet will hit you quickly, so this isn't something that you need to wait months to start seeing changes. You can begin feeling better almost immediately.

The best sources of protein to turn to in effort to avoid aging acceleration include chicken breast, turkey breast, lean red meat (in moderation however as too much red meat can also accelerate aging!), fish and seafood, low fat organic dairy products, as well as a quality whey or non dairy protein powder.



You may also want to turn to non-meat sources of protein as well such as beans, lentils, and legumes. Eating a diet too rich in animal based foods can also speed up aging, which is one reason why many vegetarians who do plan their diet properly often look younger than their meat-eating counterparts.

Anti-aging secret #4: Focus on getting sufficient protein into your day, aiming for at least 1 gram/lb. of body weight and choosing lean sources of both animal based and non-animal based protein daily.

So there are four of the key things that you need to be thinking about nutrition-wise if you hope to combat aging and get yourself onto a path to a healthier body and mind. When you put the right fuel, raw materials, and nutrients into your body, it will go a long way towards ensuring that you are looking and feeling your best.

Now let's talk about the second component to anti-aging, exercise.

YOUR body was made to move. As much as you may not believe that as you sit on the couch feeling a complete lack of energy, the fact is that your body **craves exercise**.

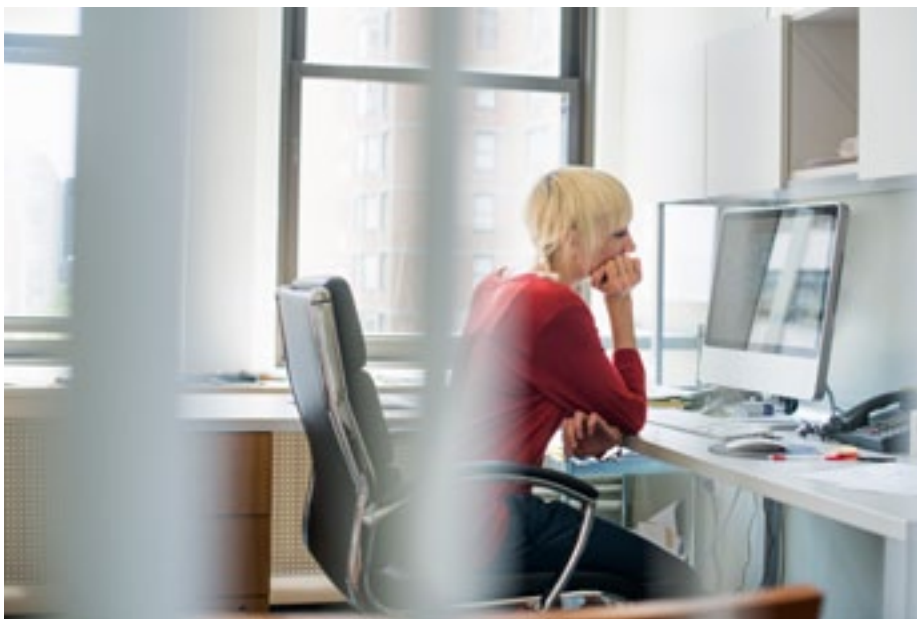
Sadly, most people don't listen to this need their body has. Instead, we spend 8 hours a day chained to a desk at work and then enjoy a 30-60 commute to and from work.

From there, when we get home, we typically engage in more sitting as we lay on the couch and watch TV before bed.

If you want to get healthy and stop the aging process, you need to put an end to all this sitting.

Exercise has too many benefits to list both in terms of making you feel your best and combating aging.

How does exercise help? Let's look at the ways.



Improved Muscle Mass And Strength

One of the most detrimental factors of aging is the loss of lean muscle mass that typically accompanies this process. What you need to realize here though is that it's not the actual fact you are getting older that is causing you to lose this muscle mass.

Instead, it's the fact that your muscles are not being stimulated. Instead, you are sitting there, day in and day out, basically telling your body that it doesn't need to keep this lean muscle mass.

Muscle mass is an energy costly substance to maintain and as such, if your body doesn't need it, it wants to get rid of it. Simple as that.

When you strength train however, you send the message to your body loud and clear that it **needs** this muscle. It needs to stay strong so that you can complete those daily strength training exercises you are doing.



This helps in many ways.

First, the more muscle you have, the faster your resting metabolic rate will be. If you are someone who is looking to shed body fat, let me tell you that the more muscle you have on your side, the easier this fat loss process is going to be.

Muscle is basically like a fat burning engine sitting on your body so this will help you out not only now, but well into the future. Those who have more lean muscle mass are less likely to gain additional body fat as time goes on.

Next, as you maintain or even build more muscle mass tissue, this also lends well to your functional strength. As an aging adult, few things will impact your quality of life as much as seeing your functional strength go down.

If you reach a point where you are unable to do basic life sustaining activities any longer (such as lifting an object up from a shelf or walking up the stairs on your own), this will dramatically influence how you feel and your level of happiness.

To many adults think 'it'll never happen to me', then a few short years later, they are facing this exact problem. It happens and it does much sooner than you think without preventative care.

The fact is this can be entirely prevented simply by getting involved in a few sessions of strength training per week. We're talking 30-60 minutes, 3-4 times per week is all that's really needed here to see excellent results.

Many people get caught up in the notion that they are going to have to engage in strength training for hours and hours each week to see benefits. This is not the case. Obviously if you want to take things to the next level, more time will need to be devoted to doing so, but for the average individual, you really don't need to be spending so much time doing your strength training activities.

Finally, let's not forget the fact that maintaining your lean muscle mass will simply boost your self-esteem and self confidence. You'll feel better about the way you look as you maintain that fit appearance.

The sad thing is that many women (men too) spend the vast majority of their life trying to get 'thinner', without really thinking about getting fit. They just want to see the number on the scale go down, even if it means shedding some muscle in the process.

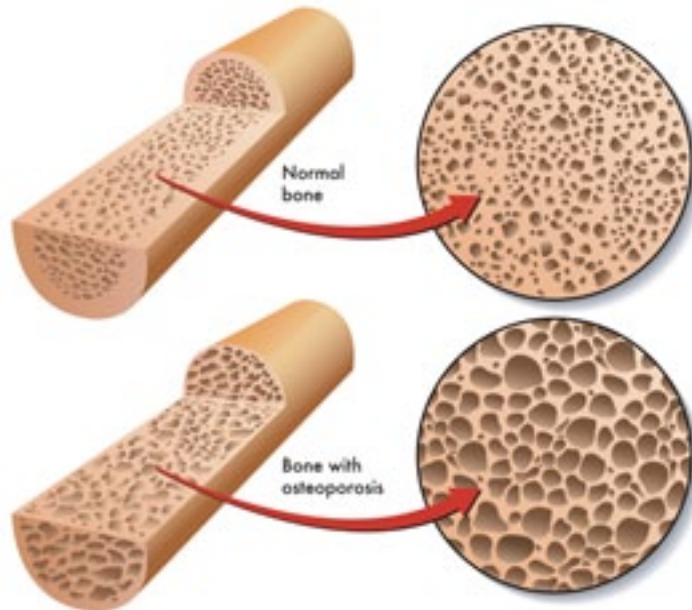
While you think that 'thin may be in' right now, later on in life, this is not going to help you at all. Instead, if you focus on building some muscle and possibly even gaining a little size, you'll be fit, functional, and strong well into your later adult years.

Enhanced Joint And Bone Strength

Another reason that exercise is so critical to help prevent the process of aging is because just as it builds your muscle strength, it also builds bone and joint strength as well.



Osteoporosis is a serious condition that sadly, impacts far too many older adults. Their bones get weak and brittle and all it takes is one misstep for them to fall and break a major bone. From there, it can be all downhill.



While bone growth and remodeling is a much slower process compared to muscle growth, it is taking place nevertheless. Don't underestimate this.

By participating in **weight bearing** exercises now, you can help prevent bone related issues from creeping up later on. Remember, it's what you do when you're younger –when you're in your 20's and 30's that really matters here.

Don't wait until you're into your 40's and 50's to start taking steps to improve your bone strength and function. Begin early and you can assure that your adult years will be blessed with a strong, healthy skeleton.

And if you are already in your 40's and 50's, note that it's not too late. While you may never build your bones up like you would have had you had started back when you were younger, you can certainly focus on improving your bone strength and preventing problems down the road.

If there is one motto that you must adopt in all of this is that **it's never too late to start**. You are better off doing something now than just letting your health continue to decline due to the process of aging. As the saying goes, 'better late than never'.

Decreased Stress Levels

Want a fast and effective way to combat stress? Try exercise. Seriously though – few things will ever come close to providing the stress reduction benefits that exercise does.

Whether you choose to take part in a yoga class to help tune into your body and get your mind centered or you choose to work out any frustration and aggression you may feel through an intense weight lifting workout, there is one thing that's for certain and that is that you will **always** feel better coming out of that workout than you did going in.

Exercise is proven to help release feel-good endorphins in the body that will serve to elevate your mood, induce relaxation and calmness, and lower anxiety.

Many runners will often state that one of the main reasons they take part in runs so regularly is because of the natural runners 'high' they get from it. Despite any initial discomfort they may feel when beginning the workout, as time goes on, they start feeling more and more relaxed and the high sets in, making it all worth while.



Don't think that you have to exercise for hours to reap stress busting benefits either. Just 20-30 minutes a few times a week can really go a long way towards lowering your stress level and ensuring that you feel as good as possible throughout the day.

Improved Immune System

The next reason why exercise is imperative for slowing the aging process is because it will help to strengthen your immune system. While initially exercise actually is a stressor on your immune system and will cause your body to grow weaker, what happens after that is really the key point.

As your body grows back stronger than it was before, you become more capable of handling future stressors.

Just like you grow your muscles stronger after exercise, the same thing happens to your immune system.

Then, if you are faced with disease at any point in your life, you are better prepared to handle it. Those who are regular exercisers and who do fall ill to any sort of illness typically have greater resilience than those who aren't as active.

For instance, if you are someone who is engaging in regular exercise and comes down with cancer, you'll respond better to chemotherapy and typically be stronger to fight that illness than someone who was generally quite weak and unhealthy to begin with.



Never underestimate the power that exercise has on your overall health. Too many people view exercise as something that is done to only improve the way their body looks. But, this isn't all that exercise has to offer.

In reality, exercise is a fantastic way to strengthen every single cell in your body that you will most definitely appreciate later on in your life. The benefits go far deeper than just having a firm stomach or cellulite-free legs.

Of course those are great benefits, but the **real** benefits are benefits that you'll never see and instead, only realize when it's most important – you're struck down with any sort of health condition or illness.

Exercise And Skin Health

Finally, let's not forget what exercise can do for your skin health as well. Ever noticed how you look after completing that intense workout session? Chances are, you had a great glow to your face.

Exercise is, **single handedly**, the best way to capture that youthful glow that you may have once had. While it's true that this glow may only last for the 5-10 hours after the workout session, it is there nevertheless and this makes it a great way to ensure you look your best whenever you have important meetings or dates coming up.

A workout session beforehand is a great way to perk yourself up and get that glow that will be unmatched by any sort of make-up or other techniques.

What's more is that as you sweat while doing your exercise, you'll also be releasing toxins through the pores of the skin, which can also help make your skin healthier and younger looking as well.

Just do remember to shower after exercise as you want to rinse these toxins from your sweat off to ensure that they don't clog the pores and leave you suffering from acne or other skin woes.



So as you can see, exercise simply cannot be beat as far as combating aging goes. Think of it as the key to the fountain of youth.

While some kinds of exercise are better than others in terms of providing these benefits, any sort of exercise will still work. What's most important here is that you are doing exercise that **you keep up with**.

Exercise will only provide benefits if you are actually doing it, therefore it's essential that you are choosing something that you really enjoy. Don't force yourself to do a form of exercise that you dislike or it'll likely never lead to the results you want it to.

Anti-aging secret #5: Move your body daily, or as close to daily as possible. Choose exercise varieties that you enjoy and will stay consist with. If you want maximum results, put more of your focus towards strength training as this is the form of exercise with the highest payoff and benefits.

If you currently have a bad relationship with exercise in that you tend to avoid it because of poor past experiences or the belief that it will hurt and make you feel uncomfortable, I encourage you to re-evaluate these beliefs.

Start really looking at the type of exercise you were doing and find alternative methods of exercise that will fit your needs and preferences better. Sometimes a little change is all it takes to get you excited about moving again.

Also consider picking up my book on [Functional Fitness](#) which is in my lifestyle program where you'll learn how to easily fit exercise into your day in a manner that will yield excellent pay offs long-term in your overall physical performance.

Functional fitness is all about making you stronger as you go about your day to day, so this sort of workout will be best geared towards enhancing your overall quality of life. It's an approach that everyone should be focusing on.

Now let's go on to the third component, lifestyle.

WHILE you might consider diet and exercise a part of your lifestyle – and they are – they are by no means the **only** components of lifestyle that you need to take into account.

Everything that you do on a day to day basis – all the choices that you make in how you go about your day will impact your body and the process of aging.

Some people are making lifestyle choices that tend to accelerate aging while others are making lifestyle choices that tend to combat aging.

Who do you want to be? Clearly the latter, so let's go over the main lifestyle issues that will speed up aging so that you can be sure to steer clear of them.

Get Some Sun But Not Too Much

FOR years we have been told to cover up in the sun to cut the risk of getting skin cancer. But now it seems that a little bit of sunshine on your body is actually good for you.

Studies have shown that a sensible amount of sun reduces your risk of several cancers and other serious health conditions.

And it's all thanks to vitamin D, which is made by our bodies through the action of the sun's UVB rays on our skin. We get about 90 to 95 per cent of our vitamin D from the sun.

It is essential for absorbing calcium, keeping our bones healthy, and for protecting against serious chronic diseases such as osteoporosis, Type II diabetes, multiple sclerosis and many common cancers.

We should go out in the sun without sunblock for between five and 15 minutes in spring and summer, to boost our vitamin D levels.

Getting a good dose of sunshine is going to make us live longer, healthier and happier lives.

Anti-aging secret #6: *Get out in the sun at least three times a week to boost levels of vitamin D.*

Smoking

Moving along, another lifestyle factor that you must stop as fast as possible if you want to avoid aging **and** dramatically improve your health is smoking. There are just no benefits to be had from smoking at all and it's one habit that you should have never started in the first place.

Some people turn to smoking to help them maintain a leaner figure and while it can suppress your appetite, there are far better ways to suppress the appetite than turn to a habit that can have life-threatening consequences.

Smoking has been directly connected to the development of cancer, which is one of the most serious and life threatening conditions out there yet it doesn't deter many people with 20 percent of the world population still doing it.

Smoking will also do a number on your cardiovascular fitness level, decreasing your overall heart's capacity. Don't think that just because you partake in a regular exercise program this means you can add smoking to your lifestyle. No amount of exercise will overcome the damaging effects that smoking has.

Smoking has also been associated with accelerate wrinkle formation as well and if you look at most smokers, they all have this aged look to them. It does not bring about a young and healthy appearance by any means, so if you are serious about looking younger, it pays to take steps to quit.

With so many different methods of quitting smoking now available, you should have no problem finding a method that will work for you.

Anti-aging secret #7: *If you smoke, give it up. There's really no two ways around this one. It's something that you must not do.*

Drinking

Which brings us to the next lifestyle habit that you'll also want to get under control if it's currently in your life and that is your alcohol consumption.



While the odd glass of wine here and there or a beer with your buddies on a Friday night while watching sports isn't going to be the end of the world, you'll want to keep your alcohol intake limited beyond that.

Too much alcohol has devastating effects on the body and will lead to everything from weight gain (which is also aging!) to liver disease.

Many people throughout their 20's and 30's indulge in alcohol quite regularly thinking it won't really impact them when they're older, but the effects all add up. Sure, you may bounce back quickly after a night of drinking too much when you're in your mid-20's, but don't think that the alcohol isn't having an impact on your body.

Alcohol is a toxin in your system and the more of it you consume, the more damage you'll be doing. The thing about liver disease is that it tends to come on very slowly. It'll accumulate over time, gradually becoming more and more dangerous until you are hit with unpleasant symptoms and may be facing life threatening conditions in more serious cases.

By the time the symptoms are showing, it's too late. Damage has been done. In some cases, this isn't damage that you can just undo either. While you can treat liver disease and regain functioning to some degree, you will never be as healthy as you once were.

You need to keep that in mind as you are going in for your forth, fifth, or tenth drink – whatever the case may be.

While sure, it feels good now, it won't feel good later. If you are concerned with aging and your health, you really need to start thinking about how all the life decisions that you are making today will impact you tomorrow.

Our world tends to be very obsessed with instant gratification, so sadly, this is very hard for many people to do. They are simply too busy living in the here and now to really think about what their actions will mean for their tomorrows.

Anti-aging secret #7: Taper back on your alcohol intake. If you are someone who doesn't feel comfortable completing cutting alcohol out of the picture, at the very least, focus on decreasing your intake so that you are consuming no more than a drink or two each week – if that. And when you do drink alcohol, make sure to add extra water to your day to ensure that you keep your liver as healthy as possible and avoid the negative consequences of dehydration.

Lack Of Rest/Relaxation

Finally, the last lifestyle factor that needs to be accounted for as you go about planning to combat aging is rest and relaxation.

We live in a world where most of us feel as though there are just not enough hours in the day and we plan our lives accordingly. We get up at the crack of dawn and keep going hour after hour until beyond sundown.

No where in our day is time scheduled for rest and relaxation. This can be a big problem for many people as slowly this wears our system down and will only accelerate the aging process.

We'll become more and more fatigued as the days go by to a point where soon, we suffer from a breakdown or crisis and **can't** keep going. It's during these times that we then need to re-evaluate how we are choosing to live.

But by this point, the damage is done and the aging process is already well underway.

It's time to start scheduling some down time for you each and every week (if not day!). Block off at least one hour each week to relax and rest up for the week ahead. If you can catch 15-20 minutes of rest and relaxation time each day as well, even better.

You don't have to be doing anything special during this time – just make it time for **you**. Do some activities you enjoy doing whether this means reading your favorite book, watching a TV series you enjoy, taking a hot bath, or even better, meditating.



Meditating is one of the healthiest things that you can do for yourself, so something to seriously consider getting involved in. Those who meditate will not only combat the process of aging, but can also help to slow the development of disease, help to lower their risk factor for depression, help combat stress and anxiety, and help to increase their immune strength and resilience. Again, it only takes 10 minutes or less each day of meditation to reap benefits. Of course you can always do more if you like, but at a minimum, this will offer terrific payoffs.

Anti-aging secret #8: Focus on carving time in your busy schedule for rest and relaxation. It doesn't need to be hours each day, but do aim to give yourself at least one hour per day to relax and rest for the week ahead and 10-15 minutes per day to do something you enjoy. If you can, get involved with meditation, which will offer superior health benefits including reduced signs of aging.

So there you have a few of the critical lifestyle factors that you'll want take into account as you move forward with your overall plan for health, wellness, and anti-aging.

Remember that it all adds up. You may not think that what you are doing on a day to day basis is influencing you, but it will be – one way or another. Choose to make every day as health-focused as possible and you will be amazed at where this lands you in 15-20 years.

Now let's move forward and look at the next component to anti-aging, mental health.

WHEN it comes to anti-aging, many people have this notion that it's all about physical health. But it's not. Your mental and emotional health are just as critical to focus on as well. If you aren't in a good place mentally and are as healthy as you should be, this will most certainly come back to hinder you in the long run.

It's not uncommon to see older individuals experiencing issues with their memory, cognitive processing speed, and just their overall awareness of their surroundings.

Fortunately, this decline in cognitive processes doesn't have to happen automatically. In fact, there are a number of things that you can start doing right now to tilt prevent this from occurring.

Let's go over the best anti-aging strategies to promote a healthy and young mind regardless of age.

Continued Learning

The first thing that you'll want to focus on is continued learning. Never stop learning. Make this your new mantra. Many people focus on higher education during their university years and then also learn on the job skills when they first move into their career.



But as they settle into their career, that's where the learning stops. Plus, they rarely engage in learning new tasks in their outside life (apart from their career), so instead, they simply maintain the status quo.

You want to continually be looking for new things to learn because this is what will go a long way towards helping keep you as mentally young as possible.

By focusing on learning regularly you will create new pathways and associations in the brain, which helps keep the brain healthier and more akin to what it was when you were younger.

One of the biggest reasons for age-related cognitive decline is the fact that many adults simply stop learning beyond a certain age and don't utilize their brain as much as they could be.

Just as with muscle, if you don't use it, you lose weight. Ongoing learning will keep your brain active. Think of it like exercise but for your brain.

Anti-aging secret #9: Make an effort to start learning something new. Find something that interests you and then learn more about it. It's one of the best ways to keep yourself mentally engaged and psychological sound as you grow older.

Reading

Next another thing that you'll want to be engaging in regularly is reading. Reading is another exercise-like activity for your brain and can help keep you mentally sharp.

If you like, you can combine the two and focus on learning new things through reading about them. This will give you twice the number of benefits.

But do keep in mind that you don't necessarily **have** to be learning new things when you read. If you simply like reading fiction books for leisure, that is perfectly okay too and will help you keep your mind as young as possible.

Anti-aging secret #9: Commit to spending at least 15-20 minutes reading per day. Read whatever material you find interesting, but do know that if you learn something new through that reading, it's even better!

Meditation

Once again, we come to meditation. Not enough can be said about the good meditation does, so it bares mentioning one more time. Meditation is one of the best ways to keep your mind young and slow down the aging process.

Studies illustrate that meditation can be helpful for improving memory, increasing focus and attention span, reducing age-related cognitive decline, and for even combating psychological related issues such as Alzheimer's disease and depression.

Think of meditation like a natural form of medication for your brain. It's something that offers a world of benefits and can be done by everyone.

All you need to do is find a quiet place to sit or lay down in and then focus on clearing your mind. Then as thoughts come to you, acknowledge them and then dismiss them.

Don't fight the thoughts as they will happen and this is not about trying to **prevent** yourself from having them. Instead, it's about learning to regulate the mind and stay free from all thought processes. Through meditation, you can also increase your own consciousness of what's going on inside of you as well.

Moving Meditation

Walking meditation is a form of meditation in action.

In walking meditation we use the experience of walking as our focus. We become mindful of our experience while walking, and try to keep our awareness involved with the experience of walking.

When your body is in motion, it is generally easier to be aware of it compared to when you are sitting still. When we're sitting still in meditation the sensations that arise in the body are much more subtle and harder to pay attention to than those that arise while we're walking. This can make walking meditation a highly pleasurable experience.

The practice of walking meditation can also be fitted in to the gaps in our lives quite easily. Even walking from the car into the supermarket can be an opportunity for a minute's walking meditation.



When we do walking meditation, we are using the physical, mental, and emotional experiences of walking as the basis of developing greater awareness.

Any able-bodied person under normal circumstances does at least some walking everyday – even if it's just walking from the house to the car, and the car to the office. Walking meditation is an excellent way to squeeze more meditation into the day — you can do it anytime you're walking. Once we have learned how to do walking meditation, each spell of walking – however short – can be used as a meditation practice.

It's a great way to learn to tune into your own body and what it's telling you.

Anti-aging secret #10: Learn to meditate. Practice meditation for 10-15 minutes, 3-4 times per week sitting or moving as often as time will allow. Then prepare to reap the benefits.

Sufficient Intake Of Omega-3 Fatty Acids

Finally, the last thing that you'll want to be focusing on is a sufficient intake of omega-3 fatty acids. We spoke about these in the nutrition section as well, but it's important to really stress how important they are for overall psychological health as well.

Omega-3 fatty acids are going to provide key nutrients that your brain needs to function optimally and are also vital for keeping inflammation levels down. Those who consume adequate omega-3 fatty acids on a regular basis are less likely to develop conditions like Parkinson's disease, Alzheimer's disease, schizophrenia, depression, as well as bipolar disorder.

Omega-3's are a must for psychological health, but sadly, most people are currently falling short in them with their day to day diet plan.

Focus on bringing your intake up by choosing foods like salmon, mackerel, flaxseeds, flaxseed oil, as well as walnuts. All are excellent sources of this vital nutrient that is not only essential for brain health, but for total body health as well.



Anti-aging secret #11: Make sure that you are taking in enough omega-3 fatty acids from foods like fatty fish, flaxseeds, and walnuts. At the same time, reduce your intake of omega-6 fatty acids, which are harmful to psychological health and can be found in processed foods as well as vegetable oils.

Now that we've wrapped up mental health, let's move on to the final topic that needs to be discussed, relationships.

IT may seem odd to be talking about **relationships** when it comes to anti-aging. What does your marriage, your friendships, or how well you get along with your siblings have to do with your rate of aging?

As it turns out, **plenty**.

Having a few (note, you don't need many!) strong relationships tends to show serious protective factors against disease, depression, and in general, the process of aging.

Let's look at how relationships can offer anti-aging protection so this becomes clearer in your mind.

Overall Outlook

The first way in which relationships can influence the process of aging is with regards to your overall outlook. Those who have strong social ties tend to maintain a better outlook on life, feeling more positive about what they have going for them and more outgoing in nature.



If you have very few social relationships, you tend to draw inward instead, keeping only to yourself. This not only can lead to depression, but it can also lead to the loss of social functioning.

This isn't to say you'll go into a whole and soon won't be able to communicate with other humans. Clearly that is not the case. But you may begin to lose the natural flow of conversation you once had, your ability to relate to others, and may also lose touch with overall social norms.

And, this ages you.

Interacting with people is a big part of life and if you are no longer able to do this properly, it's going to impact you whether you like it not.

We see many people of the older generation right now losing touch with some of the new social trends and advancements of the future. It's because they are no longer adaptable to new ways of communicating and interacting and are stuck in their own ways.

If they were more flexible, they may not experience this as much and it can go a long way towards helping them, at the very least, **feel younger**.

Remember that it's not all about just looking younger or being younger from a physical standpoint. How you **feel** is also important as well.

Social Support

Another way that relationships can provide a protective effect against aging is in the fact they also give you great social support. There are times in your life when you will struggle. This happens whether you are young or old and during those times, it can be very helpful to have those who are close to you supporting you and standing by your side.

This can give you a sense of not being alone in it and make you feel as though you are part of something bigger. As the saying goes, 'there is power in numbers'. If you are facing a health crisis and are all alone, you are going to feel just that – very alone.

But, if you have a number of people you love and care about beside you, this will influence your outlook and your resilience.

Lower Risk Factor For Age-Related Diseases

Speaking of resilience, that brings us to a final way in which relationships can help to prevent the aging process: they give you resilience against disease.

Those who have strong social networks or relationships tend to fare better when fending off heart disease, stroke, and depression compared to those who don't.

In fact, it's been published in the Harvard health newsletter that men who enjoy a satisfying marriage tend to show a lower rate of mortality than their single counterparts and also has been linked to reduced risk of Alzheimer's disease, improved blood sugar levels, as well as better outcomes for hospitalized patients.

It pays to have strong social ties, especially as you get older and are more at risk of facing some of these health care related issues.

Anti-aging secret #12: Focus on formulating strong social ties with those around you. Have at least one, if not two or three solid relationships that you can count on. It's also great if you can have a few close acquaintances as well, however this is not as necessary if you have the solid relationships. Less is more here.

Relationships do take time and effort, but in the end, it's well worth it. Even for those who are very introverted, having strong relationships with those they care about can help decrease the signs of aging and help keep them feeling as younger.

Conclusion

SO there you have the five components to a complete anti-aging plan. As you can see, there is a **lot** that can be done to slow or stop the aging process. All it takes is for you to put all of these to work in your own life.

This isn't to say you have to do them all right away. Start slowly. Add one or two of these anti-aging secrets as you feel comfortable to do so and as time goes on, build on them from there.

Before you know it, you'll be looking and feeling younger than ever, all while reaping the age-reduction benefits they offer.

And of course, remember there is something to be said for aging gracefully. Don't fear aging. It is going to happen whether you like it or not. It's not something that has to be bad. If you focus on bettering yourself with each coming year, aging can be a great thing and turn you into someone that you've always wanted to be.

What is important however is that you realize at a younger age that you only get to live each day once. Too many people get caught up in the game of life only to find the weeks, months, and even years passing by.

We busy ourselves with mundane daily activities that we don't really derive much pleasure or joy from – that just eat our time.

Start protecting your time. If you make the most of each moment and start doing things that are memorable in your life – living each day to the fullest – you'll find this changes how you feel about aging.

No longer will you desire to defy aging because there just isn't enough time. Instead, you'll relish aging because you are living a life well lived.

That, at the end of the day, is the most important thing. And, if you put all of the advice in this book into action, you can ensure that you maintain the health necessary to enjoy each of your days to the fullest.

Where to from here?

I would love to help you implement an anti-aging program so you can be your best right throughout your adult years so you can maximize the chances of your health span matching your life span.

For a simple exercise and nutrition plan go here: [Minimalist Fitness](#)

For a full lifestyle program go here: [Reclaim Your Longevity](#)

To fast track your efforts I do offer coaching: [Carolyn Hansen Coaching](#)

For more tools and resources from Carolyn Hansen to assist you in attaining your goals and achieving the success you desire in life, please visit:

[Carolyn Hansen Fitness](#)

"I help clients take charge of their health before circumstance removes the option. If your quest for peak performance living is a journey I'll put you in the driver's seat".