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Healthy ageing: Tips to live your best life

The Press · 4 Nov 2021 · 25

Why can two people the same age look and feel totally different? Health experts say we have two ages: our birth (chronological) age and our biological age, which is affected by how we treat our bodies during our life.

You only have one body to take you through life, so it's worth making an effort to get to grips with how it works and how to look after it. It's false economy to be too busy to take care of your most amazing asset; there are many things we can do to have a positive impact on ageing.

Ageing is the ongoing process of physical health, nutritional wellbeing, intellectual stimuli, social interaction and an emotional- and purposeful existence; not to live forever, but to feel great and be able to do all the things that make life worth living, no matter your birth age.

HOW TO GET YOUNGER 1. Make friends:

List people whose company you enjoy and try to involve them in your life.

2. Think healthy: If you think health is important you are more likely to notice good gym offers or healthy food options.

3. Boost fitness, muscle strength and flexibility : An unfit, weak and stiff body is like an old car engine labouring under a heavy load.

4. Watch your weight: If you're

overweight, every 500g you lose has been said to add 36 days to your life. Consult a nutritionist, start moving, or book a personal trainer if you need help.

5. Cut down on booze: Binge drinking ages you as alcohol damages healthy cells. Keep to 1-2 standard drinks a day.

6. Boost energy: Low energy may be a sign of blood sugar imbalances that raise your risk of heart disease and diabetes. .

7. Improve your love life: Being close others releases oxytocin that reduces stress and inhibits cancer cell growth.

8. Look after your teeth: The bacteria that causes gum disease and tooth decay is linked to some cancers, heart disease and stroke. Brush and floss. Drink green tea (without citrus) to help fight plaque bacteria.

9. Learn to cook: Processed foods and sauces are high in 'nasties', including excessive amounts of salt, that age you.

10. Quit smoking: Smoking ages your body inside and out.

LONGEVITY PREDICTORS Cholesterol: Keep it at optimal levels to prevent heart disease. Glucose: Maintain the ability to keep glucose levels optimal. Kidneys: Good kidneys clean the blood of toxins, such as Advanced Glycation End Products and free radicals.

Body composition: Too much fat around the waist and organs is a key marker of changes resulting from an imbalance of food and exercise.

Lungs: As we age, lungs stiffen, and the muscles that expand them weaken. Keep exercising. Bones: Reduced bone density indicates an increased risk of fracture and osteoporosis. High muscle mass supports bones. Brain: Remember! Ageing is associated with a decline in some cognitive tasks, like shortterm memory and spatial awareness.

Posture: Stand tall with correct posture to support organs, bones and muscles in ideal alignment, to move and function with ease.