

Diet

Eating the right diet is crucial for your health now and in the future.

Consume antioxidants to protect cells against free radicals. Blueberries are a great source. Get glutathione from your diet by consuming the right meats and plants to provide cysteine. Consider ionized water.

Vitamin A and E are critical for your skin.

Bone broth will improve skin too.

Consume CoQ10 and other foods that enhance cellular energy.

Exercise

HIIT improves mitochondrial function, which reduces free radicals and improves your energy levels as you age. HIIT is thus the 'best exercise' for anti-aging.

Use intermittent burst of anaerobic sprinting or running and short periods of relative recovery.

Also make sure to stay mobile. Use regular, gentle activity to exercise as your joints fail you. But more importantly, stretch and avoid sitting still too long.

Lifestyle

Several aspects of your lifestyle help you to stay looking and feeling younger:

- * Get enough sleep
- * Get vitamin D
- * Use sunblock
- * Avoid sitting by the window without sunblock!
- * Stop smoking
- * Stop drinking alcohol
- * Drink more water

Age Slower

Cognitive Function

Keep your mind youthful by:

Learning new subjects to encourage brain plasticity. Stop learning and your brain deteriorates.

Use supplements to further enhance plasticity. Good examples are magnesium threonate and turmeric.

Exercise the brain using activities that involve forward planning and storing information. This trains the 'working memory'.

This comes from having the right mental attitude: it is never too late to be what you always wanted to be.

Look Younger Now

Women: use makeup that enhances the positives of the more mature look such as more definition in the cheekbones. Avoid trying to look young and instead work the age you are.

Use sheer foundation, avoid letting powder collect in your wrinkled areas.

The right hair cut and facial hair are important. Look for ways to minimize hair loss and grey hairs. Men though should embrace hair loss past a certain point.

Dress for your age as well. Hide obvious signs of aging such as varicose veins.

Stay Looking Younger

Wear shades to keep your eyes protected and avoid crows feet!

Avoid stress, learn meditation.

Live in an area with fresh air, free from pollutants.

Use the right face products that will protect, nourish and moisturize.

Moisturize your hands too - they can give the game away!