

How to
Stay
Young
and **Fit**

No Matter How
Old You Get



Anti-Aging
Secrets

Sharon J. Scott

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Fit No Matter How Old
You Get:**

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Introduction

We age because we must not because we want to. Getting older is not on anybody's list of things to do but it happens to us all. The question is what can we do to stay younger, longer?

Turn on the TV, pick up a magazine or walk into any drug store and you will be bombarded with products designed to make you look younger. Plastic surgeons offer to trim, tuck and lift so that you look younger and people pay. The quest for youth is indeed a big money maker but who really benefits?

Do expensive creams and lotions really ward off aging? Can a doctor perform miracles with a scalpel? Yes and no. There is no easy answer to that, because some of the ingredients in the lotions and creams can help some and some plastic surgery can have attractive results that make you look younger. However, for many, these are expensive and impractical solutions.

Plastic surgery carries a high degree of risk and you often end up looking worse than you did before surgery. Wrinkles look better than overly tightened skin that has pulled your eyebrows up in a look of constant surprise. The problem with our quest for youth is that we focus too much on the exterior.

We want to look young, but why just in looks. Why should we not feel young and think young at the

same time as looking young. It is possible and this book will tell you how.

Aging affects our brains and our bodies, both inside and out. If you want to tackle aging, you need to take a whole body approach to staying young. Wrinkle creams do not help you feel young nor do they help your body work better, just as it did when you were younger.

The secret to youth is that you work on your mind and body at the same time. Youthfulness begins from the inside out.

What is the Aging Process?

The minute we are born, we begin to age. Aging is a predetermined process that is programmed into our cells. Our DNA is a blueprint of ourselves, and it has the instructions for aging in its helix. We age because our genes tell us too. This is why some people begin to show signs of aging before others.

As we age, we experience degenerative changes to our organs, tissues, bones and our skin. Telomeres are parts of our DNA, located at the ends of our chromosomes. When a cell divides, the telomere shortens; aging the cell and eventually, the cell dies. What happens to us on a cellular level translates what happens to us as a whole, we age and we die.

We cannot stop the aging process, but we can control some factors that influence it. In order to slow down the aging process, we need to understand it first.

Knowing how your body is changing helps you learn how to slow down the aging process, keeping you younger and healthier for longer.

Cardiovascular System

Aging slows down the heart rate and the heart itself will often enlarge. Arteries and blood vessels, especially those in the heart, stiffen so your heart is forced to work harder. This contributes to high

blood pressure and a whole host of age related cardiac problems.

Muscles, Bones, and Joints

Bones lose density and they shrink slightly. As we age, we shorten slightly. Shrinking bones and a loss of bones density increase the probability of breaks and fractures as the bones become brittle. Muscle flexibility declines as does muscle strength causing overall weakness and balance issues. Coordination begins to decline. Joints lose their natural lubrication as cartilage wears down, causing arthritis and inflammation.

Digestive System

Constipation is a common problem as the digestive system begins to slow. Medications can contribute to this, as well as not being hydrated enough, not being active enough or not getting a proper diet. As we age, those are all common factors and it can affect the digestive system.

Urinary Tract

Weakened muscles in the pelvic floor can cause urinary incontinence and partial to full loss of bladder control can happen. For men, as their prostate enlarges with age, it causes incontinence as well and for women, menopause has the same effect. Kidneys no longer work as efficiently, allowing toxins to build up in the blood.

Memory

As we age, we start to lose our memory. Although some age related illnesses greatly affect the memory, it is normal to begin to lose our memory as we age. Remembering new things becomes difficult and even trying to come of words that we know can be challenging.

Ears and Eyes

Our vision weakens with age and cataracts are common. Focus becomes harder, especially up close and the glare from lights can be more bothersome as you age. We lose our ability to hear higher frequencies and indeed, our hearing as a whole begins to decline.

Skin

Our skin loses its elasticity so it sags and is more fragile. The skin itself is thinner and bruises form easily. We produce less natural oil as we age so it makes our skin drier and skin tags, age spots and wrinkles form.

Teeth

Dry mouth is a side effect of many common medications, especially for high blood pressure and this contributes to gum disease. Gums begin to recede, and infection and decay of the mouth becomes more common.

The above are the basics of how aging takes a toll on the body. Knowing how aging targets the body allows us to fight back, warding off the major signs of aging while keeping our body and mind healthy.

Wellness and Anti-Aging

In order to stay young, you need to be well.

Wellness and health is not the same thing, although they are related.

In order to stay young and to fight aging, you need to be well and that means that your wellness is a factor. Health is your bodily health, and that is what you and your doctor work together on; keeping your weight healthy, ensuring that your blood pressure is okay, that you are disease free and feeling good.

Wellness is a broader term and your health is included in wellness. Wellness is your overall health, your fitness, and how your mind and spirit are. Wellness is how your mind, body and spirit are and to stay young, your wellness matters.

Your body, mind and spirit are all connected and so if one is lacking, then it will affect everything. If your mental health is not healthy, your body and spirit is not healthy. If one is ailing, the others are going to be unwell as well.

Doctors tell us to be fit; we see fitness and health information all over but having a healthy body is only a piece of the puzzle. Your health is something that can be measured but your wellness is more subjective.

In other words, only you can diagnose the state of your own wellness. You can test your fitness level at the gym but your wellness level has no such test.

To help keep yourself young, you need to be well, not just healthy and fit. Your wellness matters and since you are the only one who can judge how well you really are, you need to start paying attention.

Your life is a balance of body, mind and spirit and when they are all balanced, you are well. When they are not balanced, you are unwell.

Because aging affects your mind and body, your wellness helps you stay young because it can help ward off the signs of aging.

Being well is not only good for you in terms of feeling young, but it boosts your health and it boosts your spirits. Being well means that you are happy and who does not want more happiness in their life? Sadly, many people go through life experiencing very little happiness and that is why they are unwell.

As you age, your body is under stress. Stress can cause your mental state to become agitated or even depressed and that in turn affects your spiritual state.

Learning how to keep that balance will help your body be able to resist the stress of aging, and it can help slow down that march of time that so many people dread. The secret to anti-aging is not found in a bottle or via surgery; the secret is that you hold

the power of anti-aging already. You just have to learn how to use it.

Your diet, your fitness level and your lifestyle habits all contribute to your wellness. You can eat well, but if your only exercise is to go from the couch to the kitchen and back again, you cannot claim to have a high wellness factor.

If you eat well and work out often but you smoke, drink and are living with chronic stress, you are also unwell. In order to be well, you need to examine your entire lifestyle, your nutritional intake, your health, your fitness level, your mental health and your overall spiritual wellbeing.

If you are constantly going from crisis to crisis in your life, that ages you even faster! Unless you have balance in your life, your aging will be accelerated and that is the opposite of what you want to happen.

The best way to stop the process of aging in its tracks is by focusing on your wellness. Several companies out there want you to believe that they hold the secret to anti-aging in their formulas. If you drink this or take that supplement, the hands of time will reverse; or so they say.

Companies want to make money on people looking for an easy out for beating the aging process. There is no easy out, if you are not willing to make the changes that you need to make to look and feel younger, then this book is not for you.

For those of you willing to put in the effort instead of trying to buy your youth back, this book will help. You will learn how to increase your wellness by increasing your fitness, your health and your mental and spiritual state.

To keep the signs of aging at bay, you need to be fit mentally and physically. Does that mean you have to live in a gym to stay young? Not at all!

You might be surprised at how easy it is to help stay young by staying active. Learning to engage your mind while staying fit and healthy all contribute to your wellness factor, which keeps you young.

Once you begin to start to follow the directions in this book, you will notice a difference. You will begin to feel better, and when your body begins to feel better, you start to feel better.

Remember, our goal is to not just help you look younger, but to feel younger and better. Products sold in stores are targeted to your exterior, they help with wrinkles and fine lines, but they do not target the inside changes.

This full body approach is the best way to not only improve your mental and physical health, but it will make you look and feel younger!

Stop the signs of aging in their tracks by giving your body what it needs to stay healthy and the signs of aging will start to diminish. Stop looking in the mirror and seeing somebody old; see the new, younger you thanks to this book.

It is important to note that you cannot pick and choose what parts of this book to follow. The entire point of this chapter is to teach you how wellness is a multi-faceted concept. Wellness is a combination of many factors and if you let even one factor slide, your wellness factor slides as well. To stay young, you need to stay well.