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Stop Feeling Old: The 5 Most Important Things to do Everyday so You Can Feel 10 Years

Younger

We all know the feeling when we start to feel old, right? It's natural to look around and compare yourself to others. We start thinking about how we don't have the energy that we used to or how our body is not as strong anymore. But what if I told you that it doesn't have to be this way? There are some things you can do today in order to start feeling 10 years younger. Read on to learn 5 of the most important things to do every day so you can stop feeling old.

1. Move your Body and Sweat

Sweat, or the release of toxins from your pores through sweat, is a natural detoxifier. Sweating cleanses and purifies your body while also releasing weight-loss chemicals in order to help you slim down.

Staying physically fit is one of the most impactful things you can do to feel younger, and exercise is key. Exercise can help keep bones strong, improve posture, and prevent injury, all of which become more important as we age and

our bodies naturally lose bone density and become less flexible. Ever notice how the most active people you know continue to move with ease, no matter what their age? That's because exercise can increase your energy efficiency, allowing you to continue to do physical activities that you love without pain or difficulty – helping you feel young!

Exercise can also keep you looking younger. Increased blood flow from working up a good sweat helps flush out toxins and keep skin looking youthful. Speaking of skin, exercise supports collagen production, an important protein for skin elasticity. But the benefits of exercise go much deeper than skin. Research has shown that working out can even slow signs of aging in our cells and DNA, literally keeping our bodies younger.

If you're not sure where to start, try adding more movement to your daily life. Take a walk with a friend instead of catching up over coffee, take up a physically active hobby like biking, or try some body weight strength exercises to get you started. Strength training is especially important to maintaining bone density and mobility, so if you're new to exercise, it's worth seeking the advice of a certified personal trainer who can guide you through a program and make sure you're doing everything safely and effectively.

2. Eat Clean

A healthy diet supports good sleep, solid energy levels, and helps your body feel its best – but it is also a powerful tool in the fight against signs of aging. Eating a diet primarily of whole, unprocessed foods helps you manage your weight more effortlessly, reduce free radicals, maintain good heart health, and keep you looking and feeling younger much longer!

Maintaining a healthy weight is key to feeling young. Many age-related conditions are brought on or made worse by being overweight, and extra pounds can make daily tasks and staying active a lot more difficult. Sticking to a clean diet most of the time and ditching the processed junk helps your body maintain a healthy weight without having to stress over diets, count calories, or spend hours at the gym.

Eating a diet rich in antioxidants can also slow the aging process from the inside by reducing the impact of free radicals, which damage cells and speed the process of aging at the cellular level. Eating a healthy dose of healthy fats (and keeping the unhealthy ones to a minimum) can improve heart health and help you stay active longer, which will keep you feeling young at any age!

Sticking to a healthy diet doesn't have to be complicated. One of the best ways to make sure the foods you're eating will help you feel young and healthy is to try to stick to mostly unprocessed foods and get plenty of vegetables.

3. Express Gratitude

Why does it seem like we always focus on all that's wrong in our lives? We forget about everything going right!

Expressing gratitude for what you have will help shift your perspective so that you can see things from a new vantage point and start focusing on the positive instead of the negative. This shift in attitude can do more than make your days more enjoyable – it can improve your health, too!

The more we focus on positive things in our lives, the less we stress we feel, and we all know that chronic stress is a fast-track to looking and feeling older. That's because stress hormones increase inflammation, can lead to weight gain, and leave us feeling tired and not as mentally sharp – all things commonly attributed to aging. Practicing gratitude daily helps reduce both stress and depression, which contribute to mental and physical signs of aging. A daily gratitude practice can also help you sleep better and give your body more time to rest and repair, which is crucial to slowing the aging process. Gratitude even helps the immune system by fostering a more optimistic outlook, which studies have linked to stronger immune systems in adults.

If you're new to the idea of a gratitude practice, getting started is simple! Try listing 3 things you're grateful for each morning or write down 3 good things that happened each day before you go to bed. You can also express gratitude by telling others how much you appreciate them,

thanking someone who helps you out or makes you smile, or sending a hand-written card to a friend. Try one of these ideas out and notice how much better you feel.

4. Meditate

Meditation is about finding your inner peace and calming your mind to the point where you can think more clearly. You'll feel calmer, more mentally sharp, more grounded in the present moment (instead of being lost in thoughts of what could go wrong) and even happier! How does feeling happier keep you feeling younger? As it turns out, your emotions impact a lot of things inside your body that can contribute to the aging process.

One of the biggest benefits of meditation is its ability to bring you back to the present and take your body out of fight or flight mode. This response evolved to keep us safe in the event that we (or our prehistoric ancestors) were attacked by a tiger, but the physiological response remains the same in our over-stressed modern lives. When we feel stressed, our bodies activate inflammatory responses that slow digestion to conserve energy, which is why chronic stress often leads to packing on the pounds. All of this stress causes some serious damage to our cells, speeding up signs of aging.

Research has shown those who meditate even 15 minutes a day maintained cellular structures that typically change as we age, illustrating the anti-aging power of meditation

and proving that even a short meditation daily can make a huge impact.

There are plenty of different ways you can begin to integrate meditation and mindfulness into your daily life. Contrary to what you may think, meditation isn't about clearing your mind of all thoughts or sitting silently on a pillow for hours. It's a practice to bring your awareness back to the present – instead of letting your mind wander to your to-do list, what to make for dinner, and all the other things you worry about throughout the day.

Simple mindfulness exercises are a great place to start. Try some breathing exercises or just bring your awareness to the present by silently listing one thing you can see, hear, smell, taste, and feel. There are even plenty of apps that offer guided meditations in as a little as 5 minutes a day. Give it a try and notice how much better (and younger?) you feel.

5. Laugh

As the old saying goes, laughter is the best medicine. And as it turns out, it's true! Laughing not only makes us feel good, but it can also help us stay healthy and feeling young, too. Think about how you feel when you're laughing. Your cheeks flush, you feel warm, your mood lifts, you might even feel slightly out of breath after a really good belly laugh. Laughing has a lot of physical effects on your body that can also deliver some amazing health

benefits.

Laughing increases blood circulation to your organs, limbs, and skin. This increased circulation can help keep your immune system strong and your organs functioning efficiently. A good laugh exercises many muscles throughout your body, including your abdominals and even your heart. And speaking of muscles, laughter also stimulates the muscles in your face, which can keep your skin looking fresh and young (plus, we all look better with a smile).

Studies have even shown that laughing can reduce pain. Unfortunately, as we age we often start to feel aches and pains that were never there before, but laughter has shown to be so promising that doctors now use laughter therapy to help patients ease pain from various conditions.

And we can't forget the powerful mood-boosting power of laughter. Endorphins from laughter reduce stress and improve mood, which we know does wonders for anti-aging and overall health. Perhaps the best part about laughter is that it is contagious. When you laugh, you spread your positive mood - and your anti-aging power - to others!

To take advantage of all the positive impacts of laughter, make sure to prioritize time with family and friends. You can also try listening to a funny podcast on your commute,

picking up a new hobby, or playing with a child or puppy. Not in a funny mood? You can even fake laugh. That's right; research has shown that your brain can't distinguish between a real or fake laugh. You get the benefits either way, so fake it 'til you make it!

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Feeling old is no fun for anyone but growing older does not have to slow you down! With a few lifestyle changes, a healthy diet, and consistent exercise, you can continue to do the things you love and feel good doing them. Implement these 5 tips and enjoy a full, active life at any age.