

Ways to Look and Feel Younger



Gardening is therapeutic

Let's face it. We all get older. But don't you find it interesting that there are people in their 70s that have more energy and joie de vivre than some people in their 40s? What is the secret to living life to its fullest and looking good in the meantime. I certainly don't have all the answers but here are some ways I try to look and feel younger. Making an effort to improve your health, attitude, appearance and spiritual connections will enhance your life.

Posture and Shrinking



Working on your posture is W.O.R.K. However, if you do not, you will eventually be stooped over, look shorter and older.

There are several reasons why a person may lose some height as they age: osteoporosis, flattening of the feet, dehydration (which can cause our spinal discs to compress), stooped posture due to loss of core muscle strength.

The good news is that you can improve your posture and slow down shrinkage by exercising and eating right. Calcium and Vitamin D are key to building strong and healthy bones – but vitamin C and vitamin K also play an important role in bone health. Strength exercises are a must, whether lifting weights, playing tennis, running or jogging, as they all contribute to bone health.



Bad habits. Photo from 123RF

Bad habits that contribute to shrinking include slouching, a lack of physical activity, smoking, drinking alcohol or

caffeine excessively, extreme dieting, taking steroids and poor nutrition.

Two years ago I had my first bone scan and I was surprised to find out that I have some bone density loss. Actually, it made me mad because at that time I was working out 6 days per week. So I consulted with my chiropractor, started using bone building supplements and changed my workout routine. The latest bone density scan test results show a big improvement~much to the surprise of my doctor.

Please check with your doctor before taking any supplements. I take one Strontium every morning and 2 Bone Builder Forte at night.

Sitting is the New Smoking



Photo from Posturite.co.uk

Get up and move. I try to limit the time I spend at my computer writing this blog, and I am always trying to practice good sitting posture. When I walk, I squeeze my shoulders together and engage my gluts, while holding in my abdomen. This very hard task isn't something I am yet to retain throughout my walk, but I keep trying!



My Pilates instructor, Heather at [Maximum Pilates](#)

I cannot say enough about Pilates as I take a one hour class twice a week. This gets me to move in ways I typically wouldn't and it is part of my weekly exercise program. Pilates keeps your core very strong which also helps with your

posture. And it's a wonderful community of like-minded women, who are trying to age the best way we can.

Keep Hydrated



Pretty ways to help me drink more water

Dehydration negatively affects the body in several ways. It is the main cause of heat exhaustion. It also leads to a loss of strength and stamina. Chronic dehydration will lead to kidney problems. For some reason, I have not been drinking enough water. Please join me in trying to drink half your body weight in ounces every day. There is a quick way to tell if you are not drinking enough. Check your urine. It should be a light straw color. And being hydrated plumps out the wrinkles!

Care for your skin and hair



Petting dogs lowers your blood pressure

Dry skin and dull hair just makes you looks older. There are so many products available at all different price points. Invest in a good haircut. Keep yourself groomed. It only takes a few minutes to tidy yourself up if your are going out in public. You will feel better and as a result, look better too. To see my skin care rituals, click [here](#). Haircut by Roscoe at [Pucci Salon](#).

Are you Happy?

We all look much better if we are smiling. Are you happy? If not, what can you do to add happiness to your life. Though life can certainly throw you curve balls, happiness is a choice.



My friend, Chloe recently sent me this quote from Pavana

Reddy. *"Your soul is attracted to people the same way flowers are attracted to the sun. Surround yourself only with those who want to see you grow"*.

Quite honestly, dump those people in your life that are energy vampires. Life is too short to be robbed of your spiritual essence. Be happy. Keep smiling. To see my post about the Importance of Smiling, click [here](#).

Limit your Media time



Photo from TMS Center, Lehigh, PA

I no longer watch the news. It is the best thing I have done this year to promote positivity in my life. And I don't care if I am not informed. So much of the news isn't really news, but opinions and if something is monumental, I will hear about it. The benefits are enormous as I am no longer spending a few hours a day watching television and getting frustrated. Now, if I do watch television at the end of the day, it's something happy before I head to bed.

Getting off of my smartphone is another goal of mine. There are some benefits with checking in a few times a day but if you find yourself spending hours watching other people's lives, then it may be time to put the phone down and use that time for yourself. Studies show a correlation between social media and depression. For more information on this, click [here](#).

Care for Others



Photo from Benchmark One

If you focus your efforts on helping others, it's amazing how good you will feel. Pick up the phone and call a friend. Help a neighbor or an animal. Get involved in your community. So

many people need a helping hand and doing so will take your mind off your own problems and give you a sense of well being.

There are so many things we can do to increase our happiness and health. One of my top blog posts of all time, 10 Tips on Aging Well is full of even more information. See it [here](#).

I am constantly trying to be a better, kinder, and more interesting person. My goal is to be active and as healthy as I can be until the day I die. Please share any tips you have on staying young at heart. We need to keep motivating each other!

Happy Wednesday, sweet friends!

Mary

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