

*Aging With Health*

*The Secrets To Healthy Aging And Making The Best Of Your Golden Years.*

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# **Table of Contents**

[Introduction](#)

[Tips for Healthy Aging And Quality Of Life.](#)

[Aging And Sleep - Getting The Rest We Need As We Age.](#)

[How Physical Activity And Staying Fit Promotes Healthy Aging.](#)

[Old Age Isn't So Bad When You Consider The Alternative.](#)

[Why Healthy Aging Starts With Stress Reduction.](#)

[Conclusion](#)

[Connect with Kristy Clark](#)

[Kristy Clark Other Books](#)

[Kristy Clark Autobiography](#)

## Introduction

We've all heard these phrases, 'Age is just a number.', 'You are just as old as you believe you are.'. Perhaps we also stated these phrases ourselves when we were more youthful. We knew everything when we were twenty, nevertheless.

When you are a little older, you're an expert in everything, right? When you age everything changes, your physical body, your energy level, and also the rate at which you recuperate from life's little curve balls. You might once had the ability to dance until the sun comes up and do it again the next day when you were young but if you try that now, you'll no longer have that kind of energy you once had.

Your body is in constant change as you age but that doesn't imply you're sentenced to a long run-down. New study has actually revealed that any individual at any age can take pleasure in health and wellness as well as vitality even if you are unfit and unhealthy now.

The most concern older adults has regarding their health, wellness and fitness is if it's too late for them to start being healthy and fit. I tell them, of course NOT! Then they might argue that they are middle age guy/gal and they haven't done any kind of exercise and still have doubts that they can't turn their health around. Let me tell you this, no pill or supplement in this planet can transform you back into the 25 years old you once were. However, a healthy and balanced diet plan and also a workout program are the best you can do to your health. Using a health and fitness program together will reduce the cellular aging process by 50%.

If you really want to be active and really feel great through the second half of your life you need to exercise and eat healthy. Our physical body is created to stay active and if it doesn't, you will certainly start to rot. The diseases that doctors used to assume came with old age have actually turned out to be diseases of a non-active lifestyle. You don't have to spend twenty years of your life feeling crappy and age-worn. There is a much better way to live your mid-life feeling as you were 25 years old.

Everyone knows that you have to exercise and eat right; however, knowing and doing it are two different things particularly if you have a bad back, bad joints, or poor balance. That is why "***Aging With Health***" was written. This is your definite guide to find out the secrets to healthy aging and feel great no matter how old you are.

Let's face it, the majority of your weight most likely settled around your stomach and the back of your arms. Gravity has actually provided you a more 'droopy' look and muscle loss is giving you an aching back. Even if you've kept yourself quite active you're most likely discovered that the same amount of effort isn't really providing you with the exact same kinds of results.

This information isn't really meant to depress you. If you desire to look and feel your best, you need initially to know where you stand. Any person who has never been in a place before knows that the only way to be in that place is to first know where you are. The same holds true regarding weight loss. Once you know exactly what you're up against, you can do something about it.

Good health and vitality are within your grasp. Regardless of where you are right now, you can get the very best shape of your life. The tools you need are right here for you. Are you ready for it?

## Tips for Healthy Aging And Quality Of Life.

If we're alive, then we're going to age, that's inevitable and needs to be accepted; that said, we can either make the best of our years or let the years make the best of us. I choose the former and I hope you do too. Time (and age) is like a river, constantly moving forward and, like that river, as we journey along we're going to see and experience changes. Likely we won't be able to navigate the river the same way in our 70s and 80s as we did in our 20s and 30s, but that doesn't mean we give up, merely adjust. Here are a few ideas on how to live healthy, increase your longevity and reduce your risk of physical or mental disability.

FACT: Studies show that (on average) you'll live 10 years longer than your parents, but, more than that, you have the ability (based on choices) to live healthier too. Based on research done by the U.S. Department of Health and Human Services, about 13 percent of Americans were 65 or older in 2010, by 2030 nearly 20 percent of our population will be 65+.

Knowing that we're going to live longer, what are the best ways to ensure those years are healthy?

1. Live and eat healthy and make good lifestyle choices. If you smoke, stop. If you are hooked on junk food, start eating healthy. Practice good hygiene and, as much as possible, eliminate stress
2. Keep a positive outlook. It's a beautiful world, get out there and enjoy it
3. Stay active both mentally and physically
4. Visit your health care professional regularly and follow their advice
5. Stay involved... A very important aspect of staying healthy is to remain involved and connected. Don't let friendships pass away into time, maintain them. If you don't have connections, make them. How? Visit a senior center and spend time with someone (it doesn't matter who), but ideally a family member or friend, possibly a neighbor who needs assistance. Go to local events, ask if you can help, join a club, take up a new hobby, live, enjoy and thrive.

Walking...

It's not necessary to go to the gym and 'pump-iron', but it is necessary to stay active; one of the best ways to do that is to get outside and walk. Studies have proven (not guessed, but proven) that walking can help prevent physical disability later in life. One particular study focused on older sedentary Americans between the ages of 70 and 89. The group met twice a week for a walk around track and flexibility exercises (which they were recommended to continue at home).

After approximately 2.6 years, it was shown that the walkers and those who remained active were 28 percent less likely to have persistent physical disabilities than those who did not participate. What does that say? It's never too late (no matter your age) to attain some level of physical fitness.

Stress and Aging

Stress is a killer, plain and simple, and can affect anyone, no matter their age, but is particularly vicious with seniors. Stress can affect your health, your quality of life and your longevity. If you're stressed, find a solution and, while it's not possible to cover every eventuality in this book, read and follow points 1-4 above, they will go a long way toward relieving stress and giving you a reason to live a healthy and engaged life.

### Life Isn't Certain but It Is Certain To Change

As we age, we're going to experience loss, it's never enjoyable but it is inevitable. It might be the loss of a friend, spouse or peer; it might be concerns about our own longevity or independence. Dealing with loss, and possibly that accompanying loneliness, can potentially cause a loss of interest in life. If you feel this may be happening, take steps to remedy the situation.

- Focus on being thankful.
- Appreciate and enjoy your life.
- Don't take people (or anything) for granted.
- Let your feelings be known, don't keep them bottled up inside. If you have no one to talk with, write in a journal or find a support group in your area.
- Keep your sense of humor.
- Understand that there are things beyond your control.
- Appreciate and embrace your spirit.
- Don't give in to depression. If you're feeling overwhelmed, reach out to friends, family or support groups.
- Look after your health.

Genetics will often dictate how well we age, which doesn't mean we shouldn't live healthy, no matter how well (or not) our parents aged. It's a fact that certain medical conditions will increase with age, however living and eating healthy can go a long way toward ensuring you remain fit.

First and foremost, eat better, stop eating convenience food and eat real food that is fresh and natural.

As much as possible, reduce or eliminate stress. It's not theory but fact that continued stress can adversely affect both your body and mind.

NOTE: While there is no all encompassing answer to eliminating stress, find an outlet for both your body and mind. It could be exercise, yoga, a new hobby or simply helping out in the community.

Keep your mind active and NEVER stop learning. Your brain needs to be active and stimulated; that is the single best way to keep your mind from growing old.

Stay active, get off the couch and get outside and move. Eating right and exercising is proven to reduce the risk of...

- Diabetes
- Heart disease
- Weakness
- Stress
- Anxiety
- Depression

How to stay active

While it's always wise to check with your health care professional prior to beginning any exercise regimen, walking, jogging and dancing are proven to be effective not simply in staying active, but in improving balance, staying flexible and increasing bone density.

Aging Gracefully

None of us are immortal, but we all have the same amount of hours in a day - make the most of them. Aging gracefully goes beyond having a wrinkle free complexion; it's much more about having a zest for life that continues no matter your number of years. Making small changes everyday can lead to large lifestyle changes over time.

Live long and prosper (and, yes, I know where that statement comes from).

## **Ageing And Sleep - Getting The Rest We Need As We Age.**

Everyone needs sleep to be healthy. This requirement does not change as we age, but how well we sleep and how many hours of sleep we need every night might. Sleep patterns typically change as we grow older. We may get sleepy earlier in the evening and wake up earlier in the morning.

These changes can lead an older person to believe they are not getting enough sleep. What might really be happening, though, is that they just do not need as much sleep as they once did. Even if you are sleeping less, as long as you still have energy and feel rested, you are probably getting the rest you need. It may be that you just do not need as much sleep as you used to.

For some older individuals, though, sleeping is a challenge. Research shows that more than fifty percent of those over age 65 have at least one issue with sleep. While research is ongoing, new studies do suggest that some of these issues may be a natural result of aging.

Another possibility is that as we age, we produce less melatonin. The research is mixed, but it appears that older individuals produce less melatonin than they did when they were younger. Those who have sleep problems seem to produce even less, as compared to others of their same age group who are experiencing better sleep.

Many cases of insomnia or sleep problems in older individuals are caused by treatable conditions. Insomnia is not its own condition. Rather, it is caused by underlying conditions, each treated differently. This is why there is no one overall treatment for insomnia.

### **Conditions That May Impact Sleep**

More than ten percent of adults experience restless leg syndrome while they sleep. This condition affects more than 12 million people in the United States alone.

People who suffer from this syndrome will typically experience unusual sensations when they sleep. They may feel tingling, burning, cramping, itching, creeping, aching, or pulling.

Others may experience a crawling sensation, numbness, pins and needles, an – antsy - feeling, or the feeling that water is flowing underneath the skin. Restless leg syndrome is very treatable and once the symptoms subside, the insomnia will usually disappear as well.

Another common sleep complaint among older individuals is caused by learned or conditioned insomnia. An example of this is seen in people who have suffered a loss or experienced a heart attack. These individuals may naturally have trouble sleeping after this catastrophic event. However, if they stay in bed and try to force themselves to fall asleep, eventually their bodies will learn not to sleep.

If this happens for several nights in a row, the original cause of sleeplessness will have disappeared, but the learned response remains. These individuals may benefit from programs where they learn to sleep naturally again, without sleeping pills.

### **Other Methods**



Sleeping pills have their place, but the FDA typically approves of their use for no more than two weeks at a time. When someone uses sleeping pills for years, the drug becomes a prop or a psychological boost, rather than an aid to real sleep. Research from Canada shows that those who use sleeping pills experience disrupted sleep just as often as those who do not.

Drug therapy seems to be most effective as a short-term solution for sleep problems; the long-range cure may be behavior modification. This includes changing sleep schedules, habits, and beliefs. These strategies can make a big difference to those suffering from sleep problems. These individuals can learn that they do not always need eight hours of sleep a night.

Most older people just do not need as much sleep as they did when they were younger. Even so, many still plan to get eight hours a night and when they do not, begin to think they are not sleeping enough. If an older person awakes refreshed and energetic, they are most likely getting the sleep they need. If, however, they are tired, disoriented, light-headed, or just out of sorts, they may not be getting the right amount of sleep.

### **Tips to Improve Sleep**

Very often, the most effective strategies are the easiest. If it feels like you are not getting enough sleep at night, try these tips first:

- Go to bed at the same time every night.
- Take time to relax before going to sleep.
- Turn off the TV, iPad, smartphone, etc., at least an hour before going to bed.
- Limit daytime naps.
- Don't stay as long in bed. Get up when you are awake. It is important to train your brain to consider the bed for sleep only.
- Don't drink alcohol within a couple of hours of bedtime.
- If you cannot sleep, get up for a bit and then try again.

If none of these ideas work, then discuss your sleep problems with your doctor.

### **Other Conditions Impacting Sleep**

There may be other conditions impacting the quality of your sleep. Solving these issues can help improve your sleep.

- **Ailments or Conditions:** Conditions or ailments such as sleep apnea, arthritis, or restless leg syndrome can make it hard to get quality sleep. Your doctor can recommend possible treatments for these conditions.
- **Change:** Life changes can also impact your quality of sleep. A death of a loved one, moving from one household to another, or experiencing physical limitations because of an illness may all make it hard to sleep. Talking with family members or a counselor may help you find ways to manage the stress caused by these situations.

- **Retirement:** Once we retire, we often have much more free time on our hands. We may also become less active. Both of these can impact our sleep schedules. Keeping busy by volunteering or taking up a new hobby may help with this.
- **Medications:** Certain medications may prevent you from falling asleep or staying asleep. There are some that may even make you feel more awake at night. If this might be the problem, talk with your doctor about possible modifications to dosages or medications.
- **Illness:** Those who suffer from heart failure, heartburn, arthritis, Alzheimer's disease, or an enlarged prostate may often have difficulty sleeping. Therapy and medication can help with these conditions, so consult your doctor.

It is important to get a good night's sleep, no matter what our age. As we get older, it is extremely important to identify any sleep issues and discuss treatment options to ensure we enjoy the best sleep possible. Getting the right amount of sleep helps us feel energetic and focused during the day, and younger than our age.

## **How Physical Activity And Staying Fit Promotes Healthy Aging.**

Growing older is inevitable, but it does not have to mean allowing your body to decline to the point that you are no longer able to enjoy basic day-to-day activities. If you stay fit and healthy and lead an active lifestyle when you are young and middle aged then you are more likely to remain fit as you enter old age, and you will be able to enjoy your retirement, have fun with your grand kids, and stay healthy for a lot longer. Here is a quick overview of how growing older affects your body and how you can slow down the effects of aging.

### **Keeping a Low Body Fat Percentage**

Your metabolism naturally slows down as you age, and some people gain weight because of this. Having a higher than average body fat percentage can be bad for your health. While the medical profession as a whole still uses BMI as an indicator of health, body fat percentage is a more accurate measure. The more body fat you carry, the greater your risk of certain metabolic diseases, including diabetes. High body fat percentages can also increase your risk of suffering from a heart attack or stroke. Following a healthy diet and exercising regularly will help you to lose fat and stay healthy.

### **Regular Exercise**

It is a good idea for people of all ages to try to exercise several times per week. Older people in particular should try to remain active. Everyone should aim to get some cardiovascular exercise, do some resistance training, and also spend some time working on their flexibility and balance.

Cardiovascular exercise includes swimming, walking, cycling, dancing and playing team sports. These exercises help to promote heart health, and also burn calories so they can help with weight loss.

Strength training using free weights, body weight or resistance bands helps to improve muscle tone and also build bone density. Elderly people can benefit a lot from strength training because it helps to reduce the likelihood of a serious injury should they slip or fall. Flexibility training (including both static stretching and yoga) is also beneficial because it helps to reduce the risk of injury.

Balance exercises such as those taught in Tai Chi and Yoga are good for improving core strength, balance and confidence. They also often teach good posture, which means that they help to prevent or reduce incidents of back pain.

### **Growing Old Healthily**

While it is not possible to prevent aging completely, exercise can help to mitigate a lot of the effects of aging. In fact, many people who were sedentary when they were younger report that since they started exercising they have been feeling fitter and stronger, and that they are more virile and feel more youthful in their old age than they were when they were younger. It is never too late to start living a healthy and active lifestyle.

## **Exercise and Illness**

Even if you are chronically ill or suffer from a pre-existing disease or health condition it is worth discussing your options for exercise with your doctor. Exercise releases endorphins, which act like the body's own natural painkillers. It also helps to improve your circulation, and encourage you to sweat, which can help the body to flush out toxins.

A lot of chronic diseases are exacerbated by obesity, so losing weight can help to alleviate those, again offering lasting health benefits that you will feel when you are older.

## **Improved Mobility and Balance**

Older adults who exercise regularly are more flexible, have better joint mobility and better balance than those who are sedentary. This means that they can enjoy a greater degree of independence for longer, and that they are less likely to slip or fall and suffer a serious injury. When we are young, we take our balance and co-ordination for granted and we never worry about becoming stiff or suffering from joint problems. If we stay active, then we will maintain that benefit for a long time.

## **Better Sleep**

We need to sleep because our body uses the period of time while we are asleep for cellular repair, and also to process the events that have happened during the day. When we sleep we are mentally refreshed and our bodies work to heal themselves. Older people tend to struggle to fall asleep at night. Exercise can help with this, not only because it tires us out, but also because it stimulates the production of certain hormones that help to promote better sleep. The more we sleep, the more energy we have and the easier it is to stay active.

## **Improved Moods**

Another thing that exercise helps with is your mood. If you are stressed, tired or even feeling slightly depressed then exercise can help to stop that. When you exercise, your body releases endorphins, including serotonin. This helps to make you feel happier. Runners call this the - runners' high - but it is a feeling that is associated with almost any sport. When you allow yourself to become tired, and then push yourself a little further, the feeling associated with the second wind will be a powerful one.

This feeling is particularly powerful for older people because they may be feeling isolated or alone. Exercise will give them something to look forward to, and a feeling of energy and happiness. It can also be a good bonding experience for the people that you train with.

## **Improved Cognitive Function**

Exercising also offers benefits in terms of cognitive function. As you get older, your reflexes can start to deteriorate and your short term memory can be impaired. Exercise improves blood flow to the brain, which can help to improve your cognitive function. It also helps you sleep, which, again, is good for the brain.

People who exercise tend to be more alert, and able to think more clearly than those who are sedentary. Those who stay mentally and physically active in their retirement tend to live longer than those who do not have stimulating hobbies.

As you can see, there are many benefits associated with exercise. Staying active is the best gift that you can give your body.

## **Old Age Isn't So Bad When You Consider The Alternative.**

Every part of us ages - bones, heart, skin and brains - but we have a lot more control over the process than you might think. While we can't turn back the clock, it's never too late to accommodate good habits; staying active physically, mentally and socially can go a long way toward helping you grow old gracefully.

Growing older is simply part of life, part of change, part of the journey that contains both positive and negative. And while we can't turn back the clock, as Einstein said, "Time is relative," and with that thought, if we take the time to understand the aging process, we can help adjust to the changing landscape as our bodies age.

As we age, many different things are happening, it's akin to a river flowing freely from its source (as if birth) to eventually reaching the ocean (our destination); were we able to follow a single drop of water during its complete journey, we'd see how it adapts, changes and moves with the current. The same is true with us, every part of us changes and begins to behave differently as our journey of life continues, but it needn't take you by surprise.

Here are a few of the more common changes we'll experience.

### **Bones**

Bones may become thinner and more brittle with age; this is particularly true with women, sometimes resulting in osteoporosis. Thinning bones and the depletion of bone mass can increase your risk of broken bones. Take the time to speak with your doctor concerning what can be done to promote good bone health.

### **Heart**

Without our heart (the very engine of our body) we'd cease to function as physical beings; with that in mind, do everything possible to ensure a healthy heart. This should include eating healthy, exercising regularly, avoiding bad choices (smoking, excessive drinking, fatty foods), and (as much as possible) eliminating stress in your life.

### **The Brain**

Collectively we're speaking of the brain and central nervous system. Our brain sends the signals, retains the memories, send the commands, effectively your brain (not speaking spiritually) is what makes you, well, you. Like everything else, the brain will change as we age and, while we're not speaking of disease, it's normal to sometimes forget where you placed the keys, or possibly an appointment you made (but didn't write down). Think of an old and well used highway, it still gets you to your destination, but the condition of the road may not be as it once was. In our case, we have the ability to help nourish our brains, remaining active, learning new skills, effectively repairing that road and allowing it (still) to carry the thoughts and inspiration that can keep us, if not young, at least young at heart.

### **Digestion**

Our digestive system, like any other part of our body, changes and may become more firm and rigid over time. This could lead to constipation and stomach pain, but it's not something you need to simply live with, you can affect change. Speak with your doctor, eat healthy, exercise often (it need not be strenuous, just consistent) and you'll go a long way toward maintaining a healthy digestive system.

## **Your Senses**

It is unfortunate that our senses will (to a degree) diminish with age; we may fail to hear faint sounds or struggle to see distant objects, it's simply part of the journey and (in most cases) we can simply adjust with a new pair of glasses or hearing aid if needed. That said, if you notice any sudden changes in your hearing or vision don't tarry, schedule an appointment with your doctor or ophthalmologist as soon as possible.

## **Teeth**

A lot will depend on your dental hygiene over the course of your life - have you had regular checkups or has it been years since you visited a dentist? The enamel that protects your teeth will begin to wear away from use (and possibly decay) making you more prone to cavities. This can, of course, be combated with regular checkups and proper dental hygiene.

## **Skin**

When I was young I asked my father, "What does it mean to get old?" He didn't have a ready answer, but showed me how my young skin was much more flexible (elastic) than his. At the time it meant little, but now I understand that, as we age, due to genetics, environment, sun damage, etc., our skin (which is the single largest organ of the body) also ages. We can't halt the process, but we can treat our skin with loving care, protecting it from the environment, keeping it moist, eating right, staying active, drinking a lot of water, etc.

## **How to Age Gracefully**

When we're young, often we don't think about health and wellness, we simply live life and enjoy the moment. That's fine, but as we age and gain maturity, it becomes time to put away (or lessen) the abandon of youth and live our lives properly. That's not a moral high ground, after all, it is always your decision, but in order to age gracefully, we need to live responsibly.

### **Here are a few thoughts on how to do so...**

Remain physically active - Staying active not only keeps your body functioning at peak proficiency, it also improves your outlook on life.

Continue to interact with friends and family and those in your community - Remaining socially active relieves stress, increases motivation and simply makes you enjoy life more fully.

Eat healthy and AVOID junk food - Aim for a diet that is fiber rich, low-fat and low-cholesterol. There's an expression that says, "You are what you eat." That simply means if we stuff our bodies with food that is bad for us (fast or junk food), eventually it will catch up with us. Eating healthy gives our bodies the nutrition they need to function properly and keep us healthy.

Don't neglect your health, visit your health care professionally regularly - No one likes to think of themselves as sick, but often catching a medical issue early can completely eliminate it, while postponing might allow it to progress beyond the point where medicine can help.

Take medications as prescribed by your doctor - If you are on medication(s), be sure to follow the dosage as prescribed by your doctor.

Limit alcohol consumption - This one should be obvious, a glass of wine with a meal may be perfect and relaxing while an entire bottle is simply overdoing it.

Stop Smoking - There is really nothing to say here, you already know you shouldn't be smoking, so if you are a smoker, take the steps necessary to become a non-smoker.

Get the rest you need - Rest is when the body repairs itself. Lack of proper rest will catch up with you, even more so as we age.

The river of life should be enjoyable, no matter what stage of the journey you're on. Live life to the fullest, and remember, it's the special moments you'll remember, treasure them always.



## **Why Healthy Aging Starts With Stress Reduction.**

When you are young, you take good health and abundant energy for granted, but as you get older you begin to appreciate the importance of living a healthy lifestyle. Staying active is important if you want to make sure that you remain healthy as you head into retirement, and reducing the amount of stress that you face can be a big help when it comes to improving your physical and mental wellbeing.

### **Removing Stressful Elements From Your Life**

You have probably heard health gurus tell you to simply “remove stressful elements from your life.” This might sound great on paper, the truth is that it is not so easy to do. Unless you are able to win the lottery and retire to a tranquil island with those you love the most, you will always have some outside influences on your life that are less than ideal. However, you can remove some of the most stressful influences from your life, and doing so will make you feel a lot happier.

Take a moment to – audit - your life. Do you have friends who are always dragging you down, - distant relatives that are a destructive influence or a partner who costs you more mental energy than they should? Re-evaluate the importance of those relationships, and find a way to ensure that you only deal with people who make you happy.

If your job is stressful, and you have other options for making money, consider moving to a different position. If debt is getting you down, make a concerted effort to pay it off. If your mortgage is expensive, consider downsizing once the kids have left home. These life changes will allow you to focus on other, more positive things.

### **Finding Ways to Cope With Stress**

Sometimes, you won't be able to remove stress from your life. Everyone has different ways of coping with stress. The most important thing to remember is that you should not hide from it, and you should not try to mask the symptoms of stress with mood-altering substances such as alcohol. Rather, you should find an outlet for the stress that is natural and healthy.

The most popular outlets for stress are meditation and exercise. Both of these are great for promoting wellbeing. Physical exercise helps to improve your strength and cardiovascular fitness while also helping you to focus and to channel excess energy. Combat sports can help you to release anger in a positive way, and have a meditative effect. In addition, exercise releases endorphins, which help to boost your mood.

Meditation is a more relaxed form of stress release, but it allows you to focus your energy and think about your feelings or calm your mind. It can help to reduce your blood pressure and to promote a state of mind where you are more in control of your emotions.

### **What Stress Does to Your Body**

Stress is bad for you for several reasons. Firstly, it increases your blood pressure, which can be dangerous if you have any pre-existing health conditions. While the increase is temporary, prolonged elevated blood pressure can be a bad thing. Secondly, when you are stressed you experience more inflammation, and your body produces cortisol - which can increase the amount of fat that your body holds on to. This can increase your risk of developing various metabolic conditions.

Stress can increase your risk of heart attacks and strokes, and can also make you feel more run-down in general. You are likely to find it harder to sleep when you are stressed, and this has a big impact on your health too. A lot of general ailments suddenly resolve themselves once people find a way to remove the stressors that they are encountering in their day to day life.

### **What can I do to be less stressed?**

Unfortunately, it is not always easy to beat stress. In the 1990s it was not uncommon for doctors to prescribe medication to people who were experiencing a lot of stress, but this is like putting a band aid on a gunshot wound – it is not going to address the underlying problem, and if you fail to treat the underlying issue this could be very bad for you in the long run. The best way to beat stress is to be pro-active about identifying and resolving the biggest stressors in your environment.

### **Taking Control Of Your Life**

For some people, the biggest stressors are small things – clutter, extra work, or interpersonal issues. This is why things like Feng Shui are so popular, and why classes for anger management have so many followers. If you are experiencing strong reactions to minor transgressions such as someone cutting in on you when you are driving, then you need to find a better way to deal with those issues.

For others, however, stress is caused by more serious and hard to address things. If someone in your family is ill, you have financial problems, or there are relationship issues in your life that you cannot simply walk away from, then you may need to seek advice about those things. Talking to a therapist or a counselor about the things that are causing you stress will help you to deal with those things in a reasonable and effective manner.

Everyone handles stress differently. You may find that taking a holiday once or twice a year to recharge your mental batteries is incredibly effective. Alternatively, heading to the gym at lunch time, or meditating in the bath for a few minutes each night could be the solution that works best for you. Whatever you find that works, stick to it. Make time for yourself and put your physical and mental well-being first. If you take care of yourself then it will be easier for you to stay fit and healthy so that you can take care of the other people in your life who depend on you, such as your children and your grand-children.

## Conclusion

Thank you again for downloading this book!

Elderly people face many potential diseases. It is always wise to learn ahead of your aging to stay updated on disease and aging. Aging is not curable, yet you have recourses to slow aging. You have many open doors waiting for you to find ways that you can slow the aging process. Remember, aging is natural. Aging is a part of life, yet this part of your life means that your body changes. Don't ignore your own signs of ageing, rather allow them to show you the way to healthy aging.

Finally, if you enjoyed this book, then I'd like to ask you for a favor, would you be kind enough to leave a review for this book? It'd be greatly appreciated!

Thank you and good luck!

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Thank you!

*Kristy Clark*

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## Kristy Clark Autobiography

Being healthy in mind, body, and soul is something Kristy Clark has always strived for. It's not just a way of life, but a passion for her and one that she believes should be shared with others. Though Kristy is a graduate in business administration and the corporate world has been a fixture in her busy life, she knew she would always turn to her first passion of healthy living. Kristy soon found that both writing and diligent research into health topics that affected her and her family, such as Alzheimer's and Parkinson's, was something that came naturally.

In each of Kristy's books and series, you'll find that passion translated onto the page and you'll get all the information you'll need on health topics most important to you and your loved ones. In her three current health book series, you'll discover novel and relevant information on diabetes, Alzheimer's disease and memory, as well as aging in the modern era. No matter how old you are or your current health status, you'll no doubt find something in each of her books that can begin to help you live more healthfully right away. That is a Kristy's mission: to help others gain access to the latest cutting edge research along with everyday tips.

At forty-six, people often come up to Kristy and ask her what it is that she's doing right in order to look and feel so healthy and vibrant, and she tells them the same thing every time: it's about the love she has for herself and her family. Seeing her father go through the beginning stages of Parkinson's Disease, along with being a pre-diabetic, taught Kristy that we can never go "too far" in preventing disease and maintaining a healthful and safe lifestyle for ourselves. Kristy's mother was diagnosed with Alzheimer's as well, and now she has two caregivers who provide her with 24-hour assistance. Armed with knowledge, Kristy does everything in her power to help them and herself through healthy living.

So while the hardships of life helped clarify Kristy's focus on health topics, her desire to keep fit and strong in mind and body propelled her to run 10 Kilometers three times a week, take yoga and Pilates classes, practice Beach Functional Training on soft sand, and be in *full control* of her diet and environment. But it's not just now in midlife that Kristy finds herself being active; it's always been a facet of her life. At 14, she took jazz dance and Jiu-Jitsu classes, and played basketball and volleyball. A passion for being active was born and continues to be a foundation in her life. And she hopes to pass on that passion for healthy living through her books.

Join Kristy on this journey toward a more healthful and rewarding life today!



What factors influence healthy aging? Research has identified action steps we can take to maintain our health and function as we get older. From improving our diet and levels of physical activity to getting health screenings and managing risk factors for disease, these actions may influence different areas of health. On this page: Get Moving: Exercise and Physical Activity. Pay Attention to Weight and Shape. Healthy Food for Thought: Think About What You Eat. Participate in Activities You Enjoy. Healthy Aging in Action: Advancing the National Prevention Strategy was prepared by the National Prevention, Health Promotion, and Public Health Council (National Prevention Council). The Centers for Disease Control and Prevention provides ongoing administrative, scientific, and technical support for the operations of the National Prevention Council. Acknowledgements. Healthy aging is a journey and a process. Read articles on treating bladder problems, slowing dementia and understanding health issues related to aging. Premie Boys Age Faster as Men, Study Shows. May 17, 2021 Using an epigenetic clock, the researchers looked at the genes of 45 of those who were ELBW babies along with 47 who were normal birth weight when they were age 30 to 35 to compare their biological Meditative Practice and Spiritual Wellbeing May Preserve Cognitive Function in Aging. Healthy aging and more than 500 were focused on successful aging. Trying to digest this prolific literature highlights the current confusion surrounding the exact meaning of, and ways to operation the Report and in the first WHO Global Strategy and Action Plan on Aging and Health, 35. unanimously endorsed by all WHO Member. Aging & Mental Health is a peer-reviewed monthly scientific journal published by Routledge covering research on the relationship between the aging process and mental health. The editors-in-chief are Martin Orrell and Steven Zarit. The journal is abstracted and indexed in PubMed and Web of Science. According to the Journal Citation Reports, the journal has a 2010 impact factor of 1.316.