



Wednesday, August 29, 2007

Many of us Baby Boomers think we can stall the aging process with plastic surgery, cosmetics, dye and the latest miracle undergarments. Yet the experts tell us that inevitable aging happens at the cellular level, and what goes on inside the body is more important than what happens on the surface. In fact, what goes on inside affects what's on the outside.

So here are six things you can do to slow the aging process from inside-out and maybe even enhance your quality of life as well.

1. If you smoke, stop – easier said than done. (Non-smokers, go on to No. 2 and stop feeling smug – you'll find something in this list that challenges you.) The negative effects of smoking are well-documented but so are the reversals of some of those negative effects once you stop smoking. It's not too late to make a difference.
2. Floss. Flossing breaks up bacteria that live in the plaque between your teeth and helps reduce inflammation of the gums. Gum inflammation, in turn, can affect your arteries. So think about flossing as helping circulation and your heart, even if you aren't convinced it'll help your teeth. Non-flossers, start by flossing only the teeth you'd like to keep.
3. Eat more fruits and vegetables – the fresher the better (raw, steamed or roasted are better than canned). Fruits and vegetables have fiber that help your digestive system and vitamins that are good for your heart, your senses and in fighting cancer. Start counting and see if you can eat five servings a day, in addition to juice.
4. Exercise. A good goal would be walking 20–30 minutes a day plus some resistance training each week. Start where you are. For example, if you do nothing right now, start climbing stairs instead of using the elevator. Stand up and sit down over and over while you are talking on the phone. Keep a can of soup in your desk drawer and do bicep curls while reading e-mails. Spandex and health club membership not required.
5. Stretch. Increase flexibility, range of motion in your joints, circulation and even improve your posture. For starters, target calves, thighs, hips, lower back, neck and shoulders. Hold each stretch about 30 seconds and don't bounce. If it hurts, it does more harm than good.
6. Drink water. "The books" suggest drinking two quarts a day. Water is a natural lubricant to keep processes flowing inside your body. It also helps break up stagnant bacteria, and you know that must be beneficial. Soda, juice and coffee aren't acceptable substitutes. A good way to start is by replacing a serving of one of those each day with a glass of water.

Change is difficult. If you are brave enough to try one of these anti-aging tips, pick one and see if you can make the change habitual within a month. E-mail me your success stories or your own anti-aging tips.

Let us hear from you. E-mail your successes, failures, ideas and comments. Tell us what you are thinking about or what you think we should be thinking about.

Thank you.
Denise Snodgrass
Assistant Director
snodgrass@unca.edu

Visit our new Web site

This e-mail was sent to [fullname,fallback=Alumni].
You can *instantly* **unsubscribe** from these e-mails by **clicking here**.