

# **Staying Young**

## **How to Stay Young no Matter How Old You Get!**

<http://www.acnenomore.link-4u.com>

Legal Notice:- The author and publisher of this Ebook and the accompanying materials have used their best efforts in preparing this Ebook. The author and publisher make no representation or warranties with respect to the accuracy, applicability, fitness, or completeness of the contents of this Ebook. The information contained in this Ebook is strictly for educational purposes. Therefore, if you wish to apply ideas contained in this Ebook, you are taking full responsibility for your actions.

The author and publisher disclaim any warranties (express or implied), merchantability, or fitness for any particular purpose. The author and publisher shall in no event be held liable to any party for any direct, indirect, punitive, special, incidental or other consequential damages arising directly or indirectly from any use of this material, which is provided "as is", and without warranties.

As always, the advice of a competent legal, tax, accounting or other professional should be sought. The author and publisher do not warrant the performance, effectiveness or applicability of any sites listed or linked to in this Ebook. All links are for information purposes only and are not warranted for content, accuracy or any other implied or explicit purpose.

## Table of Contents

Introduction – What’s The Purpose Of Staying Young? .....	3
Staying Young Is About Attitude And Mindset.....	5
Why You Should Refrain From Negative Thoughts.....	6
Look, Think And Feel Young .....	7
Healthy Eating And Nutrition.....	8
Taking Vitamins And Supplements .....	10
The Secrets To Staying Young.....	11
Kick The Nicotine Habit .....	14
Lay Off Of The Booze.....	16
Drug Addictions .....	17
Get Plenty Of Rest.....	19
Your Emotions.....	21
Make New Friends.....	23
A Pet Can Be Just What You Need .....	24
Conclusion .....	25
Resources .....	26

## **Introduction – What’s The Purpose Of Staying Young?**

What’s the purpose of staying young, you ask. Well, there are a lot of positive aspects of staying young in a person’s life. Staying young is something that is in demand now. There are many ways that you can look and feel that way, especially without having to shell out a lot of money.

How you do define being “young”? Being youthful describes a state of mind, body and heart. Being young usually refers to being healthy and that your mind is sharp. It is important to a lot of people as to why they would not want to age.

Some people know that aging can present some effects that they don’t want others to see. It can also slow them down from functioning, which is something a lot of people don’t want.

### **The Factors Of Aging**

The aging process is not always a pretty sight. It causes changes that affect you internally as well as externally. The two places that they are noticeable are the hair and the skin. You can also feel a difference in your tissues and cells, but you won’t see them. However, you may feel them inside your body. When you age, it affects each cell in your body.

The presence of fat comes about on your tissues and other organs inside your body. Because of this, your organs slowly start losing cells and your body doesn’t function like it used to. Your bones, muscles and skin began to get stiff.

The cell membranes lose their ability to retain oxygen and start releasing carbon dioxide. Since there are so many cells in your body, you probably won’t recognize that your body is constantly losing cells and therefore your body’s ability to function is weakened.

When cells disappear, your organs start acting different. With some people, they can start aging as early as 40 or 50 years old. When you age, your blood circulation is affected. There’s the possibility of you losing your memory slowly. You could suffer from other health problems. Even with that, you may not notice under you get up in age.

Did you know that some of the medications you take may actually contribute to aging prematurely? Some of the medications on the market today are so strong that they may possibly play a role in that.

Exhibiting the rigors of stress can play a part in aging. The strain that you exert on your mind and your body can actually speed up the process. You're missing out on the chance to feel free. Instead, you're allowing your body to take in all of the cares and pressures that you cannot possibly solve by yourself. If you are exposed to toxins in the environment, they may affect your body in an adverse way. Genetics can also influence the way and how fast people age.

If you start smoking, drinking or using illegal drugs when you're young, it will definitely show as you get older. These habits contribute to poor nutrition because you don't think about eating healthy. You're thinking about puffing that next nicotine stick, hitting that next bottle or finding that next sniff or smoke on the pipe.

As your liver and kidneys flush out the toxins in your system, some of the medicines you take for certain ailments may remain in your system. As you age, your liver and kidneys may not function like they used to. Any leftover medicines in your system can contribute to you aging prematurely.

If your liver starts to slow down, your cholesterol levels may be affected. The liver is responsible for the maintenance of cholesterol levels. If your cholesterol level is high, you could be prone to more ailments within your body.

For these reasons mentioned, it is imperative that you would want to stay young and not look like a prune. Doing the right things that will keep you healthy and vibrant can help to hinder the aging process. You can be older chronologically, but you don't have to be old physically.

## **Staying Young Is About Attitude And Mindset**

Your attitude is a state of mind and the way we perceive things. It is what sets us apart from others as far as anything in life is concerned. It represents your likes and dislikes. Attitudes can be defined as positive, negative or neutral perceptions of certain things or ideas. Attitudes can be formed as different forms of judgments that may be true or untrue.

As people grow up seeing things around them, they can form attitudes based on what they see. What they see can affect their perception of a certain person, thing or idea. Attitudes are part of a person's personality and the well being of a person.

Attitude is responsible for projecting a personality, be it positive or negative. Your personality can be a factor in determining a mental state of being and contributing to the aging process.

Your attitude can also be defined as a form of an egotistical state of mind, regardless of whether it's about acceptance, expression of control or other traits that are considered to be selfish in nature.

If you are continuously angry and feel a hatred towards others, that can be described as having a negative attitude. These forms can affect how you think and act towards others. When you start having negative thoughts, you open yourself up to premature aging and possible health issues. It's very important that you steer clear from having a constant, negative mindset.

Of course, this transformation takes time. After all, you didn't form these negative thoughts overnight. You have to work at making an honest effort to change your attitude and your outlook about things.

If there were things that bothered you in the past, you have to release them and move forward. Being bitter will not help you; it will only accelerate the aging process and could also affect your health, physically and mentally.

It's easier and healthier to look at the bright side of life. Doing this will refresh your mind and your body. Don't let things that are out of your control get you down. A lot of times, it may be out of your control. Don't be mean to people because they are mean to you. Being nice will help to maintain a positive attitude, no matter what the situation is.

## Why You Should Refrain From Negative Thoughts

When you think negative, it can affect your mind and your spirit. Everyone in their lifetime has either said or thought something that did not line up with anything positive in their life. It seems as though people spend more time in pessimism than they do in optimism.

Some people tend to make negative thinking a part of their daily lives. There are obstacles that seem to block us from what we want to do. Instead of pushing those obstacles out of the way, some people find it easier to complain. They don't realize that it won't help the situation. They will still be stuck in the same place with no movement.

You will continue to be stuck in the same place if you are a constant complainer. Everytime you complain, you take away a moment of happiness and fulfillment that you could have. Plus, other people don't care to be around chronic complainers.

Think about what you are saying when you do that. You could be using your time doing things that will uplift you and keep you active. Before you know it, you'll be so involved in what you're doing you won't even think about complaining anymore.

When you think negatively, you want everyone else to think the same way. People that think negatively often have imbedded bitterness because of things that happened to them in the past.

They never got over the situation; it may have been from being passed over for a promotion; a boyfriend, girlfriend or spouse leaving them; or feeling rejected from a parent when they were little. Any of those scenarios can still up feelings of bitterness.

Or they can be jealous of someone else that is doing better than them in things like losing weight, making more money or just being happy. They can't stand to see the other person happy and they continue to ingrain bitterness inside of their soul.

Bitterness can take a toll on a person's health. It can cause them to have wrinkles and create health issues, such as high blood pressure or cancer. If you need help releasing these bitter tendencies, it's best to seek counsel from a family member, therapist or minister. Otherwise you will look old before your time.

## **Look, Think And Feel Young**

To prevent the presence of aging, you have to focus on doing what you can to stay young. You have to work at implementing a few ways that this can be done. There are three areas in particular that will help you get to this point. They deal with the physical , mental and emotional aspects of not wanting to age.

### **Looking Young**

Looking young is just not about dyeing your hair to get rid of the gray strands. It also speaks of how you act and how you dress. You don't want to sound or look like an old person if you're trying to look young. Try to maintain a good posture; you can do that by staying fit. When people get older, some of them feel that they need to dress up like an old maid. That is far from the truth. If you don't look as old as you are, then dress a little more upscale and get rid of the granny clothes.

### **Feeling Young**

Your feelings come from your internal state of mind. If you're looking to maintain your youth, you shouldn't feel that you can't be active. Even if older people don't look their age, it's ok to get involved in activities. Of course, you'll want to check with your physician first.

### **Thinking Young**

You should not be thinking pessimistic thoughts just because you're older. Pessimistic thoughts spread faster, like a virus. It's important to remain positive in the midst of what is going on in your life. You need to know that things in your life will work out for the best. You have to keep the mindset that you know things are going to work out for your good and in your favor.

## Healthy Eating And Nutrition

Eating a balanced meal is key to having a healthy body. It helps you to stay strong and keep your immune system healthy. It can also help you to ward off health ailments that could hinder your body.

Along with exercise, it's important that you eat healthy and be sure to eat your three main meals each day. It's also important that you eat small meals in between. You should eat at least three to four of them.

This will help your metabolism and also set you straight on getting enough nutrition in your body. Also, make sure that you don't overeat during meals, whether they're the main ones or the small ones. Even with the main meals, you should be cautious of your portions.

Don't even think about engaging in one of those crazy diets. You may quickly lose the weight with a crash diet, but it will hurt you in the long run. Not only will it mess up your immune system, but when you go back to eating normally, you will gain the weight back quickly. It's imperative that you eat meals that contain plenty of nutrients.

Eating smaller meals can help you to keep your blood sugar level stabilized. Try not to consume foods that contain a lot of sugar, sodium or saturated fats. For breakfast, you can eat carbohydrates. You can also incorporate fiber during breakfast. A good choice would be a bowl of oatmeal. Be sure to include protein for your muscles.

For dinner, eat some raw vegetables with your main meal. You can also do this if you are dining out. Having a salad provides you with plenty of fiber. Fiber is important for your body because it helps to regulate your digestive system. In addition to that, you will not feel so hungry because fiber is a filler.

Another no-no when you're eating is binging. If you do that, you should stop right away. This eating disorder can have serious consequences if done constantly. Some of the food that you consume may not digest in your stomach properly. It sits dormant, and you increase your chance of developing colon cancer. You should learn to eat properly when you are young.

As you reach your twenties, your calcium intake should increase. Calcium is a key ingredient to prevent osteoporosis from occurring. Calcium helps to keep your bones healthy and strong.

Folic acid is another component to have in your system at a young adult age. Anything vegetable that is green and leafy is a good choice. Also, citrus fruits

like oranges can provide you with plenty of folic acid. Make sure that you include other fresh fruits and vegetables in your eating plan. It's essential that you have as many healthy foods as possible.

As you get into your thirties, your metabolism starts to slow down. It is more important than ever to eat balanced meals daily. You should avoid most if not all junk food. As you enter your forties, it is critical that you watch what you eat.

At this stage, you need to get as many nutrients as possible so your body can function properly. As you get older, additional fat deposits travel to your organs. You will definitely have to watch your fat intake.

If you're not sure about this, consult with your physician or nutritionist and they can help you create a plan that's beneficial for your health. Also, make sure you're going for your regular check-ups to make sure you're healthy and fit.

## Taking Vitamins And Supplements

In addition to healthy eating, you must consider including vitamins and minerals to have a balance. Sometimes, even though you're eating healthy, you may not have enough vitamins and minerals to sustain you.

For example, if you eat vegetarian dishes, some of them may not contain enough minerals. You could add zinc, which is a mineral supplement that can help to balance what you're already eating. Supplements are important to finish out the balance you need to make sure you're getting enough all the way around.

Vitamins and minerals are imperative to have in order to maintain our body's health and well-being. We have to get vitamins through the foods we eat. Even with that, we have to keep in mind that everything we eat will not supply us with all of the vitamins. Depending on what we need, we could take Vitamin A, B, C, D or E, or a combination of them.

These five vitamins do the following:

- Vitamin A – maintains healthy teeth and good vision
- Vitamin B – help you get energy, help carry oxygen to your body
- Vitamin C – help keep your gums and muscles intact, also helps to prevent infections
- Vitamin D – maintains strong bones and teeth
- Vitamin E – contains antioxidants, maintains your eyes, skin and liver

It's important that we try to take all of them because they all serve a specific purpose in our bodies. These vitamins are also key to us maintaining that youthful look and vitality.

If you are lacking in one of these, it's possible that you will feel the effects by way of illness or other health ailment. It is advised that people should take a mineral and vitamin supplement daily. If you're not sure what you should be taking, consult with your physician.

# The Secrets To Staying Young

## Staying Active

You should engage yourself in some form of movement, whether it's exercising or a hobby. Being active is a constructive way to make good use of your time. It will also make you feel useful and give you something to strive for. It could be something that pertains to a goal or just something to pass the time away.

If you like hobbies, that will definitely keep you busy. There are gifts that you have that no one else has. For instance, you may be able to crochet or knit a sweater within a few days while it takes others weeks to complete.

Or you could have a gift for music where you didn't even take one music lesson. Whatever your hobby is, make use of it for your own well being. This is a way you can have a connection with your inner self and gain satisfaction.

If you haven't exercised in a while, now is a good time to start. Being overweight or obese is one of the main causes that people age quickly. Too many people prefer to live the sedentary lifestyle and not get enough movement in their life.

Staying young includes being fit and in shape. Being overweight or obese is a serious health issue for many people and if not corrected, can cause other health issues. Incorporating exercise in your daily routine will not only help you take off the weight, but you'll also feel better about yourself.

If you choose not to become active with exercise, you become less robust. Your body slowly starts to become immobile and then your ability to move around becomes limited.

Your joints can become stiff and prone to injuries. You also can lose your sense of balance with a lack of exercise. As you get older, these issues could worsen, especially if you decide to remain inactive.

For instance, if you have a hip injury from a fall, it could have resulted from lack of balance. In addition to that, you would have lacked strength and endurance in your body to be able to keep your balance. If you had those two ingredients, you may have been saved from the hip injury.

It's never too late to start a fitness regimen. If you haven't started, don't waste anymore time. You need willpower to make a fresh start, even if it starts out for 10 minutes a day. It won't take a long time for you to see results.

You have to get in a mindset of being disciplined to start exercising or any other physical activity. Once you start, it won't take long before you start to feel better in your body. As long as you do it on a consistent basis, you will gain more strength in your body and you will become more flexible.

It's important for older people, such as senior citizens to engage in workouts such as cardiovascular training, strength training and exercises that will help your body to be flexible. These workouts will help you to stay in shape and provide your body with the physical boost you need.

Before you start, you need to determine what kind of workout routine you want to do. There are different things that you can do to keep your youth. Exercise has proven to increase the quality of life for older adults. It can make a way to hinder the aging process.

With the lack of exercise come health issues. If you get stagnant and don't engage in any physical activity, you could find yourself developing issues with your heart, or osteoporosis.

With osteoporosis, it would be difficult for you to get around and worse yet, your bones would become brittle from lack of calcium and exercise. Exercising can help to reduce the onset of both of these health issues.

If you exercised on a daily or regular basis, your blood pressure and cholesterol level would stabilize. It would also lessen the chance of you getting diabetes.

You could start out with 15 minutes of aerobic exercise. Then work your way up to 30 minutes, continuing in 15 minute intervals until you get to an hour. You should do cardio workouts at least 3 to 5 times a week.

It is not recommended to start out doing an hour's worth of exercises if you haven't exercised in a while. Start slow and gradually increase the time and the pace.

Another way to get involved with exercise is to join a health club. They have plenty of machines such as ellipticals, stationary bikes and treadmills. Health clubs have trainers that can work with you in getting an exercise routine together.

If a health club is out of your financial reach, you may want to try a YMCA in your area (if there's one nearby). They have classes available on health and fitness for a minimal charge.

Or if that's not for you, you can always go walking in your neighborhood or at an area park. You can start by walking for about 15 minutes until you can muster up the strength to push it to 30 minutes.

You can walk at your own pace and not feel rushed. However, you will eventually want to pick up the pace at some point because you will get more energy.

A great way to get in shape is with water aerobics. This exercise can help your joints and muscles. This exercise can also be a lot of fun.

In addition to the above, it's a good idea to get in some strength training as part of your exercise routine. In your strength training, you should include weight lifting as part of your workout.

Some people think that weightlifting is not safe for older adults, but that is far from the truth. Weightlifting helps older adults gain additional strength, bone density and balance.

Studies have shown that women between the ages of 50 and 70 years old that engaged in strength training, gained more bone density in their hips and spine.

The group that refrained from weightlifting lost twice as much bone density as opposed to those that included weightlifting in their workouts. The more that weightlifting was included, the more strength they gained. With that, their activity level increased.

It is important that you try to exercise all of your muscle groups as least twice a week. It's better if you start out with lightweights in order to get accustomed to working with weights in general.

You can start out by doing a few repetitions at a time until you get familiar with those. Then you can move on to heavier weights. As you do that, you must increase the repetitions and the weights themselves.

Make sure that when you lift weights, it doesn't pose a danger to your body. If you have to stick with lighter weights for a longer period, then it's better to do so than risk incurring an injury to your body.

Exercising is beneficial to everyone, whether you're young or old. Remember that some type of physical exercise is better than none. Also, keep in mind that exercise is a good weapon to ward off many health ailments.

## **Kick The Nicotine Habit**

If you smoke, it won't do anything for your appearance but make you look old and haggardly. In addition to that, smoking seriously affects your skin. If you're trying to stay young, kicking the nicotine habit immediately is the best thing you can do for yourself.

The more you smoke, the more the blood vessels in your skin shrink. They are already small and smoking just adds to their diminished size. When this happens, your healthy blood flow is reduced.

In addition to that, you start to lose key nutrients such as vitamins, minerals and collagen. The collagen in your skin starts to crumble, thus losing the elastic movement in your skin.

Chronic smoking helps to waste your skin away. You will start to look older before your time and your skin will be dry and wrinkled. As you smoke, your face tends to create squinting movements, causing even additional wrinkles to appear.

Soon, you will start to look as though the frown on your face is your natural stature. An obvious sign of a chronic smoker is their lips. Their lips turn dark from the inside and spread to the outer lips. This makes your mouth look ugly.

If you have wounds or scars that need to heal, the healing process will take longer. As you're smoking, you have sucked the vitamins and minerals that are needed to help with the healing. Also, you have less blood flow and that also impedes the healing process.

The most common thing that smoking does is cause different kinds of cancers. The number one cancer from smoking is lung cancer. This is because you're

inhaling the nicotine straight from the cigarette into your lungs. Even if you don't smoke, you can still inherit lung cancer by inhaling second-hand smoke.

The sooner you quit, the better your chances are to reverse this. Your skin will start to clear and the blood will start flowing in your body. With more added circulation, your skin can be restored to its natural state. If you don't stop, you will end up looking like a prune. You have the power to change the way you look before it's too late.

## Lay Off Of The Booze

Did you know that being an alcoholic could affect your skin as well as your health? If you knew what some others knew about it, you probably wouldn't drink it at all. It's ok to have a glass of wine occasionally, but once you start making alcohol your god, then there's a problem. When it becomes a chronic problem, you can do damage to your body inside and out.

Being an alcoholic won't help you if you're trying to stay young. Your skin starts to age before your time. This would be the opposite of what you're trying to do. You can't expect to stay and look young if your lips are always touching a can or bottle.

Did you know that you can gain weight and look out of shape if you become a chronic drinker? As you gain weight, your skin stretches. You may also have red patches on your skin. This usually means that your blood vessels are getting larger from your chronic drinking.

Chronic drinking can also affect how you think. If you get depressed, you immediately want to get something to take away that feeling. However, alcohol is not the answer. As far as their thought process goes, they forget about their emotions and they're not paying attention to much of anything. If you drink too much alcohol, you could get very sick and get alcohol poisoning.

Your kidneys are a very important part of your body. Kidneys are needed to help flush out the toxins that you don't need. When you drink alcohol, you can dry out because you would not have consumed more water. Therefore, your kidney will not work the way that they should.

Chronic drinking can mess up the liver. The more you do it, the worse your chances for liver damage are. People that can't or won't try to stop drinking can end up with cirrhosis of the liver, which is more times than not, fatal.

There are things you can do to combat this problem if you want to stay young. Drink plenty of water, eat healthy and get lots of exercise. If you find yourself having problems trying to stop drinking, seek assistance as soon as possible. The sooner you do it, the sooner you can regain what youth you have left.

## Drug Addictions

Cocaine is one of the most addictive drugs on the streets today. You definitely won't look, feel or act young if you get hooked on this stuff. This drug affects the nervous system and can wreak havoc on your body.

Once people get addicted to cocaine, whether it's the powder or the rocks (crack), it's difficult to stop using. The drug gives them a "high" that they feel they can't get anywhere else but from that drug.

However, the downfall of being addicted to this drug has many consequences:

- Accelerated heartbeat
- Chest pain
- Heart attack
- Seizures
- Strokes
- Nosebleeds
- Chronic runny nose
- Limited flow of blood
- HIV infection

The use of cocaine is also known to decrease an addict's appetite. When they don't eat, they start to look gaunt. Their skin starts to wrinkle and they start to age very quickly.

Methamphetamine abusers also experience health problems as chronic users. Their brain is affected as far as remembering things and they can't think straight. Their health is threatened, and they start to look old. The drugs make their skin wrinkled and they start looking at least 10 to 15 years older. Their teeth start to fall out, which adds to their aging process.

Other issues that could affect methamphetamine abusers are:

- High blood pressure
- Accelerated heart rate
- Anxiety
- Convulsions
- Tremors
- Irritability

Trying to get off drugs is not an easy process. However, there are people out there who would be willing to help those in need get rid of their addiction. Those that are addicted to drugs should seek help from a licensed professional or a minister.

## Get Plenty Of Rest

In order for your body to stay healthy, you must get plenty of rest. You should try to go to bed before midnight if possible. It's important that you at least get between 6 to 8 hours of sleep a day. Each individual is different. Some need more hours, others need less. Only you would know how much sleep you need.

If you deprive yourself of the sleep you need, you will start to feel it. Your body can slow down from a lack of sleep. If your body starts to slow down, it could be a sign that you're starting to age, which is what you don't want. If you continue with this route, your lack of sleep can cause you to get wrinkles, making you look older than what you are.

Did you know that lack of sleep can harm your brain? You can't function or think properly if you don't get enough sleep. You need to get enough sleep because without it, you won't be able to connect to information that you need to commit to memory. If your memory is failing, then people may consider you as "old".

You can also gain weight by not getting enough sleep. It affects the way carbohydrates are collected in our bodies. It may even change the hormone levels in your body. This in turn, can alter our appetite.

Lack of sleep during the night can contribute to sleeping during the day to make up for it. Plus, you wouldn't be paying attention like you should. This can cause you to have an accident or cause you to err on a project or assignment.

You can also get mood swings by not getting enough sleep. You will get irritable, impatient and won't be able to concentrate. You can experience bouts of hypertension. You can also experience issues with your cardiovascular system by not getting enough sleep.

Your immune system could be affected by this. If your immune system is failing, it will not be able to ward off diseases from your body. You would be able to ward off illnesses such as cancer if you got enough sleep.

For those who need to think in peace, meditation is a way that you can get some rest by just blocking everything out of your mind. Your brain is brought into a level of consciousness and you can heal from whatever is bothering you.

This self-healing process allows plenty of oxygen to flow in your body. The more you get into meditation, the more you will start to feel a sense of peace and personal gratification.

Another method that you can use for peace and tranquility is yoga. Yoga is becoming more popular now for those that need to have a sense of peace and purpose.

In addition to that, yoga can help you lower and stabilize your blood pressure, stabilize your heart rate, and decrease your stress level. It can also help your body relax and provide the release you need. Stress is the last thing you need when you're trying to stay young.

## **Your Emotions**

### **Don't Feel Guilty**

Aging can come on you when you're faced with unnecessary pressures in life. You can be blamed for some of the unhappiness that someone else is dealing with and it wouldn't be your fault. However, since you're closest to them, they have to blame someone.

How you are affected by it, or rather how you allow it to affect you can make the difference in whether or not you choose to rise above it. Allowing situations to affect you that you have no control over does nothing but bring stress and grief.

We all know that stress is an anti-friend to staying young. You may have to distance or even break off from that person in order to get the peace that you need.

### **Cry When You Need To**

Most people cry when they're feeling a sense of emotional pain and hurt. This may come from the way someone has treated you, or some other event in your life. It is not wrong to cry. A lot of times, it's best to get it out.

Crying can actually make you feel better, as long as you don't overdo it. Crying can release some of the pent up feelings you have inside your body. If you keep them holed up, it can affect your health and eventually cause you to look old before your time.

### **Laughter**

It's good to laugh, as long as it's not ridiculing or making fun of anyone. Laughing has some benefits as far as your health is concerned. You can actually laugh your cares away. Laughing can remove some of the pain that you may be experiencing.

Laughing is considered a therapeutic process. You don't necessarily have to have a reason to laugh, you can just laugh because you want to. Laughing also relieves you of any stress you may have pent up inside of you.

It's good to release it and let it go. Did you know that laughter can strengthen your immune system? It can also help you to retain your memory and provide exercise to your muscles and your heart.

## **Enjoy The Simple Things In Life**

This is something a lot of us fail to do. People spend so much time worrying about things that are out of their control instead of focusing on things that are constructive. Some of the things are so simple, that you don't have to spend a lot of money doing them.

Try taking a walk in the park or going to the library. You may want to take a writing class. You may think these are not the most exciting things to do, but when you think about it, they are constructive activities that can add to your well-being.

## **Make New Friends**

It's good to have a few friends around to keep you company. You don't have to have an army full, just two or three is fine. Besides, if you had so many, how would you be able to keep up with them?

Living longer and staying young also depends on your circle of friends. They can't just be any friends. They must be people of substance, people that will be with you in good and bad times. They must be people that won't put you down when you make a mistake; instead they will lift you up with encouragement.

It's usually better to stick with true friends than always commingling with relatives. There are times when relatives will try to undercut you just because you're related to them. They are also quicker to take advantage of you than your friends will. Your real friends will genuinely care about you.

They will make sure that you are taken care of and that your needs are met. However, keep in mind that friendships are not created overnight. You should have positive relationships with your friends. This is what will keep you going and not to stray into the aging process. When your friends are positive, then that positive vibe can rub off on you.

You need friends to go out to dinner or a movie with just to have a good time. You can have a freedom with your friends that you may not have with your relatives. These relationships will make you feel vibrant and refreshed. You will have renewed energy in your life.

You won't necessarily have to concern yourself with being stressed when you're with friends as opposed to relatives. Because your relatives are familiar with you, they think that they can run over you and treat you any way they want to.

## **A Pet Can Be Just What You Need**

Do you own a pet? You want to think about getting one. A pet is a great to keep you company. Whether it's a dog or a cat, pets can help keep you calm and focused. Older people in particular will enjoy their company, especially if they're living alone.

Loneliness is not a good thing for older people. A pet would be the perfect choice to give them that boost that they need. Loneliness can affect your health. You can start to feel sad, which can lead to you neglecting yourself.

People with health problems that own pets will probably live longer than those that don't have pets. People with pets feel loved and wanted. They may not want a companion living with them.

Pets can help people to relax. Petting an animal can help to reduce your blood pressure level. It's been recommended by doctors to advise their patients to consider getting a pet if they suffer from blood pressure.

Pets can also be considered emotion rescuers. There may be a time where the person is going through significant changes in their lives. The pet is able to provide them with unconditional love, something that humans sometimes fail to do. With that unconditional love, people feel as though they have a reason to live on.

If you have a dog, they can help to provide discipline. While you're walking the dog, you are able to make eye contact with other people. Plus, both you and the dog would get plenty of exercise by walking. You would feel at ease and wouldn't feel stressed.

People that have pets are usually more happy and keep a positive outlook on life. This is essential for trying to stay young and not age.

## **Conclusion**

If you want to start feeling, looking and staying young, you've got to make that step today. Each day that you wait to make a move is a day less to your goal of getting that vibrancy in your life.

You will have to purpose to remove the negative images and aspects from your life in order for this to happen. You will have to incorporate positive things to change that. You really have to work on staying young and not wanting to look or feel old.

The old vices that you may have dealt with have to disappear. The new you has to be more youthful and healthier. There are too many things out there that can destroy your youthfulness if you allow it to. Take charge of your life and seek out a new younger you, today!

## Resources

AARP, [www.aarp.org](http://www.aarp.org)

YMCA, [www.ymca.net/programs](http://www.ymca.net/programs)

USA.gov, [http://www.usa.gov/Topics/Seniors/Health/Staying\\_Healthy.shtml](http://www.usa.gov/Topics/Seniors/Health/Staying_Healthy.shtml)

WIN Network (Weight-control Information Network)  
[http://win.niddk.nih.gov/publications/young\\_heart.htm](http://win.niddk.nih.gov/publications/young_heart.htm)

Heart Disease Prevention,  
<http://www.nlm.nih.gov/medlineplus/heartdiseasesprevention.html>

NIH (National Institutes Of Health), health and wellness information,  
<http://health.nih.gov/search.asp/34>