

A romantic scene of a couple embracing at sunset. The man is on the left, wearing a striped shirt, and the woman is on the right, wearing a light-colored top. They are silhouetted against a bright, golden sunset sky. The overall mood is warm and intimate.

Aging Gracefully

Guide

HARNESS THE POWER OF
LIFESTYLE TO SLOW DOWN
THE AGING PROCESS

HOW YOUR BODY CHANGES

As you age

Aging is a natural bodily process, and no one is immune. Our bodies change as we get older. And that's totally normal!

How Your Body Changes

- **Bones weaken**
- **Muscle mass is lost** and **body fat increases**
- **Metabolism slows**, which may lead to weight gain
- **Skin changes** including dryness, wrinkles, and age spots
- **Gut motility slows**, increasing the risk of constipation.

It's no secret that you can't turn back the clock. But aging is way more complex than how many trips you take around the sun.



We've all seen this firsthand. You meet someone who's 75, fit as a fiddle, and doesn't look a day over 50. Then, you know others who are 35 with the skin and energy levels of someone decades older.

So while there's no such thing as the fountain of youth, you hold more power than you think. **Your diet and lifestyle play a huge role in how quickly (or slowly) the aging process goes.**

In this guide, we'll cover 5 ways your body changes with age, along with lifestyle tips to help you age more gracefully.

CHANGE #1: BONES

Your bones shrink in size and density as you age. This can weaken your bones and increase the risk of fractures. Some people even become a bit shorter!

These age-related bone changes are partly due to hormonal shifts. But lack of activity can accelerate this process.

What You Can Do

Exercise regularly

Moving your body strengthens your bones and can even slow the rate of bone loss. Weight bearing exercises are especially helpful, such as walking, jogging, weight lifting, dancing, tennis, or climbing stairs.

Eat calcium-rich foods

Calcium strengthens your bones. Since your body doesn't make calcium, you must get it through food or supplements. High calcium foods include leafy greens, almonds, broccoli, dairy products, soy foods, and canned sardines (with bones).

Get your vitamin D

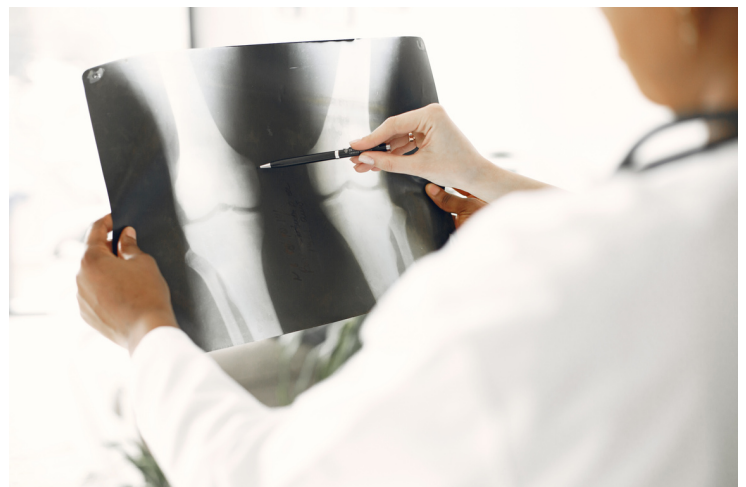
To absorb calcium, you need vitamin D. Getting 10-15 minutes of daily sun exposure is an easy way to do this. You can also eat vitamin D rich foods like salmon, mushrooms, or eggs.

Stop smoking

Smoking increases the risk of osteoporosis. It decreases blood supply to bones, interferes with calcium absorption, and reduces estrogen, which is needed for healthy bones. So if you smoke, here's yet another reason to quit!

Limit alcohol

Drinking too much alcohol can be harmful to your bones. If you drink, do so in moderation. That means 1 or less drinks day for women, or 2 or less a day for men.



CHANGE #2: MUSCLE

Your body loses lean body mass as you get older. In fact, starting at age 30, you lose about 3 to 5% of muscle mass each decade. This phenomenon is known as **sarcopenia**.

Again, hormonal changes play a role. But lack of activity and poor nutrition affect muscle loss too. Meaning, your lifestyle can slow it down.

What You Can Do

Move your body

No surprise here, but keeping your muscles moving can slow down muscle loss. Walking, aerobic exercise (anything that increases your heart rate), and resistance training can all help fight sarcopenia.



Eat plenty of protein

Protein is the building blocks of muscle. So if you don't get enough protein, it may speed up muscle loss. Aim to eat between 25-30 g of protein per meal. High protein foods include meat, fish, eggs, legumes, nuts, seeds & dairy,

CHANGE #3: METABOLISM

As you age, your metabolism (aka your body's ability to convert food into energy), slows down. Part of this is due to muscle loss, as higher muscle mass increases your metabolic rate.

People also tend to be less active as they get older. This can lead to weight gain, which can slow your metabolism further.

What You Can Do

Watch your portion sizes

Exercising less and eating the same amount of food is a recipe for weight gain. Keep your portions in check so you don't go overboard on calories. Check out [this blog](#) for some helpful portion control tips.

Get daily physical activity

I don't mean to sound like a broken record, but daily exercise is a must. Muscles burn more calories than fat. Staying active will help you keep your metabolism and weight in check. Strength training & aerobic exercise can both help.

Stay hydrated

Drinking water revs up your metabolism and reduces hunger cravings. Aim to drink about 2 liters of water every day.

Sip on some green tea

Consider trading your morning coffee in for a cup of green tea. It contains an antioxidant called EGCG that increases fat burning and boost your metabolic rate.



CHANGE #4: SKIN

As you age, your skin loses fat and becomes thinner and less elastic. Plus, your skin stops producing as much oil as you get older. This can lead to skin dryness.

Wrinkles, age spots, and small growths called skin tags start to pop up with age as well. You may also start to bruise more easily. These age-related skin changes may be accelerated by smoking, UV radiation, and poor diet.

What You Can Do

Limit sun exposure

Getting sunshine is an easy way to get some vitamin D. But for your skin's sake, don't go overboard. Avoid sun exposure during 10 a.m. and 4 p.m. These are peak times when the sun's rays are strongest.

Eat the rainbow

Antioxidants protect your skin from free radicals that can cause premature aging. Colorful fruits and veggies are teeming with antioxidants. Eating more of these foods can help protect your skin from the inside out.

Get in a skincare routine

Many skincare ingredients can boost your skin's hydration and help it look and feel more youthful. Look for products with retinol, hyaluronic acid, and/or vitamin C.

Use sunscreen

When you do go outdoors, wear protective clothing and sunscreen. Choose broad-spectrum sunscreen with an SPF of 15 or higher.

Be gentle on your skin

Take warm baths or showers, *not* hot. And choose mild, non-toxic soaps, creams, and lotions.



CHANGE #5: GASTROINTESTINAL

Constipation is more common the older you get. Reduced activity levels are partly to blame, as exercise helps food move through your intestines. Since most people become more sedentary with age, this can slow your bowels down.

Health conditions, medications, poor diet, and dehydration can also play a role in age-related constipation.

What You Can Do

Eat a high fiber diet

Fiber bulks your stools and makes them easier to pass. Eat a fiber-rich diet with plenty of fruits, vegetables, legumes & whole grains. How much fiber is enough? It depends on your age and sex.

USDA daily fiber recommendations:

- **Women under 50:** 25 to 28 grams
- **Women 51 & up:** 22 grams
- **Men under 50:** 31 to 34 grams
- **Men 51 & up:** 28 grams

Drink up

Drink plenty of water to keep all that fiber moving through you. Aim for 2 liters of water each day.

Stay physically active

When you move your body, it helps move your bowels. No need to spend hours at the gym. Even taking a 5-10 minute walk after meals can help prevent constipation.

