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HOW TO  
**AGE**  
*Gracefully*





## How to Age *Gracefully*

Do you know many of the health problems considered to be entirely due to the aging process – i.e., memory loss, hearing decline, and cardiovascular events - are instead influenced by the negative aging beliefs that dominate in the US and several other countries?

It's time for all of us to rethink aging!

What can we do to age with grace and stay healthy? Here are some tips and some things to think about as we get older.

## **1. Stay hydrated**

Drinking enough water is vital to your physical and mental health – and for keeping your skin looking as smooth and youthful as possible. Your skin cells will respond better to moisturizers and other skincare products when you are properly hydrated. Drinking plenty of water will help every single cell in your body function more efficiently and make it easier for your body to flush out the toxins that contribute to fatigue, illness, weight gain, and wrinkles.

Get in the habit of bringing a refillable bottle of water with you (and drinking it!) every time you leave the house. Make water breaks a pleasant part of your daily routine, such as having a glass of lemon water before breakfast every morning, or a champagne flute filled with sparkling water when you settle in with your favorite book or TV show in the evening.

If you tend to reach for soda, sweet tea, or other sugary drinks, start subbing them out for water instead. If you regularly drink coffee, soda, or alcohol, make sure you are taking in plenty of extra water to balance out their dehydrating effects.

## **2. Eat well**

Keeping a healthy diet is one of the most important things you can do to stay looking and feeling fantastic. Sugar and processed foods don't provide very much nutrition, and they rapidly age your cells. Focus on eating as many fresh, whole foods from the earth as possible.



Cook your food in oils made from “good fats,” like olive or coconut oil. And make sure your diet includes vitamins, essential minerals, and collagen (you can get these from over-the-counter supplements if you aren’t getting enough from the foods you’re eating). Your energy levels, ability to cope with stress, and overall appearance will improve dramatically if you keep your diet as clean and nutritious as possible.

### **3. Stay active**

Staying active will keep your metabolism up, which translates to more energy, better sleep, an easier time maintaining your weight, and an overall sense of well-being. You don’t have to play a sport or run a marathon (unless that’s what you love doing!).

Any activity that gets your blood pumping will help you stay healthy and energetic, whether it’s swimming, dancing, or ice skating. Going on regular walks counts, too! Grab a friend, your dog, or your headphones and a podcast or favorite music and get outside (or onto the treadmill if it’s freezing or raining outside – don’t let the weather be an excuse for inactivity)!

### **4. Practice gratitude**

Gratitude is the highest vibration there is, and it looks good on everyone! Whatever you focus your attention on will grow (and you’ll end up with more of it, for better or for worse). So consciously place your focus on the warmth you feel for the



people, animals, places, activities, and things that you love, and you'll feel the ripple effect in every corner of your life!

If there are things you want that you haven't yet accomplished or received, imagine the feelings of gratitude you'll be experiencing when those things do come to you. Before you know it, you'll have more and more things to feel grateful for sailing into your life!

## **5. Keep in touch with friends**

Having quality friendships is important at every stage of life, and this importance only increases as we get older! Studies have actually shown that women over 65 who have at least one strong friendship report higher levels of satisfaction with their lives and lower stress levels than women who rely on family ties alone for company. Make time for regular "friend dates" and phone calls with your best friends.

If you feel like you don't have any close friends right now, you'll thank yourself later if you go out and make some! Join a class, book club, or any other social group that sparks your interest, and you'll soon be surrounded by people with whom you share at least one common interest.

Local libraries and recreation centers usually offer all sorts of interesting classes and meet-ups. The "events" section of Facebook is another great place to look for local get-togethers.



## **6. Keep up with brain-engaging hobbies**

You've probably heard that your brain is like a muscle – if you don't regularly use it, you'll lose it! Keep your brain running at its best by regularly enjoying activities that stimulate creative thinking and/or problem-solving.

Some popular hobbies that keep your brain working include creative pursuits like knitting, sewing, painting, or even coloring, puzzle-solving activities like crosswords or sudoku, reading (pretty much anything – from Shakespeare to paperback mystery novels), and physical hobbies like dancing or hiking.

And don't be afraid to try new things! Regularly challenging your brain will keep you on your toes and prevent you from falling into a boring rut.

## **7. Find healthy outlets to reduce stress**

Stress and tension tend to get “stuck” in our bodies and it's not a good look! Our cells break down faster when we are chronically stressed, which can make us look and feel much older than we are.

Obviously, reducing the known factors in your life that cause stress (toxic relationships, credit card debt, etc.) is a smart move. But to deal with the stresses that naturally go along with living life, make it a daily habit to practice at least one stress-busting activity every day.

Meditation (simple breathing exercises are good enough if you have trouble getting all the way into meditation), journaling, and yoga are all known to work wonders for building mindfulness. Keeping your awareness on how you feel in the present



moment will help you leave behind the stressful world of worrying about “what if?” and continually replaying annoying or upsetting memories.

Positive thinking also has the power to make a huge difference in your overall happiness. If you tend to expect the worst or be a worrier, try to catch yourself and flip your negative thoughts around. Let yourself daydream about the best-case scenarios instead! Just knowing that a positive outcome is a possibility can give you some peace and make those doomsday scenarios feel far less intimidating.

## **8. Change your attitude about aging**

(Read *Breaking the Age Code* by Becca Levy, PhD.)

Challenge negative age beliefs. Get involved!

- The drug companies profit from people thinking they need a drug and things will get better. Practice preventive care.
- Mental health care must address ageism. Depression is not a natural part of aging.
- Encourage older people, and yourself, to run for political office at all levels to advocate for age-friendly policies.
- Take advantage of educational opportunities for older persons, ranging from literacy programs to courses to learn new things, hobbies, etc. Become a life-long learner. The brain will thank you!
- Ageism must end in the digital age. We do know how to use social media and enjoy it like everyone else. Post and engage



- Science must include older persons in clinical trials which affect older people such as Parkinson's disease, cancer, and dementia. Talk to your state representatives, doctors, and local councils about this issue.

You really can keep on looking and feeling your best if you show your body and brain the love they need. If you make these self-care habits part of your daily life, soon everyone will be wondering what your secrets of success are!

Do you need help improving your self-care? [Click here to schedule a Free coaching Session](#) to discuss ways to improve your self-care habits. My schedule fills up fast, so grab your spot before it's gone!

