

HEALTH NEWS

Feel Young Through The Ages

(NAPSA)—A few simple steps may help people feel more vital and young at heart. That's the advice from doctors who say a few approaches that include getting back in shape and taking supplements that protect cells from aging can help people feel revitalized and rejuvenated. Try these tips:

- **Learn To Feel Young**—Stimulate your mind. Take a class on a subject you've always been interested in or learn something completely new. Try auditing a class at a college or participate in an online learning course. The brain is like any other organ in the body—it needs to be used frequently to work its best.

- **Feel Fit**—Exercising may be the single best anti-aging weapon in your arsenal. After talking to your doctor, pick a fun, physical activity and do it three times a week. The activity can range from dancing to jogging, as long as you enjoy it and it requires you to move around and burn calories.

- **Laugh At Old Age**—Decide you will double the number of "light moments" you experience in a day. This could involve going out of your way to pursue humor in ways you ordinarily may not have attempted. Remember, the goal is to laugh and have fun.

- **Supplement Your Health**—Supplements are available that are believed to improve energy,



Taking dietary supplements that protect cells may help reduce the effects of aging.

burn fat and reduce the signs of aging by activating mitochondria in the body's cells. Mitochondria, considered the "power plants" of human cells, diminish in activity as the body ages. Supplements such as Juvenon Energy Formula have been tested and shown to help mitochondria function more efficiently, helping improve overall well-being and energy levels.

- **Don't Pass On The Past**—Oliver Wendell Holmes wrote "Old time is a liar! We're twenty tonight." Try brainstorming a list of things you did when you were in your twenties, that you don't do now. Pick three and do them.

For more information, visit www.juvenon.com.