

# HEALTH MATTERS

## Live Younger—Age Is Merely A Number

(NAPSA)—Although getting older is inevitable, today, people are more health conscious than ever and refuse to let a numerical age define them. But thinking and feeling young and healthy is not enough; we want to look it, too. Here are a few simple tips from anti-aging experts that may help:

- **Eat Right.** Defy aging with a diet consisting of foods low in calories, full of nutrients such as calcium, protein and vitamins C, E and D, and low in saturated and trans fats. Eat lots of vegetables, fruits and whole grains. The antioxidant properties of these foods help battle free radicals, which contribute to the aging process.

- **Exercise.** Exercise is an important part of every anti-aging program. Physical activity slows the aging process by helping to prevent heart disease and obesity and helps skin look younger by toning muscles and increasing blood flow. Plus, strength and energy help the body appear younger at any age.

- **Don't Smoke.** The damaging effects of cigarette smoke may take years off a person's life while adding years to his or her appearance. Smoking poses a myriad of health risks such as heart disease and lung cancer and it even saps skin of vitamin C, a key ingredient for maintaining moisturization.

- **Care For The Skin.** While exercise and good nutrition are important steps in achieving a younger, healthier appearance, it is essential to care for the skin from the outside as well. Skin reveals the signs of aging early. Using a daily moisturizer with SPF 15 is critical. And, thankfully, it seems this is one practice



**More than half of women use a daily face moisturizer.**

younger women are already embracing. According to the Nivea and RealAge Skin Assessment report, 51 percent of women between the ages of 26 and 39 use a daily face moisturizer with SPF 15 or higher to better care for their facial skin.

That same skin care company not only believes in the importance of good skin care habits, but it is truly trying to help women identify exactly what good skin care habits are. Nivea offers complimentary skin care advice in the comfort of a woman's own home via the Nivea Skin Care Center on RealAge.com and also offers a unique interactive tool called RealAge Skin Projector. Visitors are invited to upload a recent headshot to project how activities such as smoking and sun exposure can change their skin's appearance over time.

Even though birthdays are unavoidable, dreading them is unnecessary. By taking care of the entire body, inside and out, it's easy to look and feel younger. A birth certificate may say one thing, but only you have control over your real age.