

# *Anti Aging Action Plan For Your 30s and Beyond*



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## **Anti Aging Action Plan For Your 30s and Beyond**

Whenever you want change, or hope to prevent change from happening in the case of halting the aging process, you can't just sit back and watch things unfold, hoping it goes your way.

You have to take a proactive approach with your anti aging measures – and that means educating yourself and addressing problems that already exist as well as issues you hope to never have to confront.

Anti aging is more than just our looks. It's our mental health, our mobility, sleep, and more. With every aspect of the aging process, we have to develop and adhere to a plan of action that helps us live our best lives.

### **Anti Aging Appearance Action Plan**

Growing older won't change your appearance suddenly. That's why so many people miss the subtle changes in how they look. It's always best to be on the offense when it comes to aging because it's easier to prevent the signs and slow them down.

You'll want to make sure that you follow an anti aging appearance action plan throughout all the different stages of your life. Don't worry if you haven't done it yet – just pick up on one as soon as possible.

#### ***In Your 30s and Younger***

Some people believe that the time to prevent aging with their appearance happens once they hit middle age. But the truth is that the best time to begin an anti aging program is in your 30s and younger.

When most people think of aging and appearance, they immediately think of their face. They imagine the crows' feet, the wrinkles and the sagging skin. But your skin isn't the only way your body will show signs of aging.

You can also see signs of aging in your hair. Full, luxurious hair can thin as you age even at this stage in your life in your 30s and younger. You can also have deficiencies you may be unaware of in vitamins or nutrients that will affect your bone health and cause problems with your posture and mobility as you walk.

Those problems begin in your 30s and younger but don't manifest themselves until approximately ten to fifteen years down the road. But of all these aging issues that affect the appearance, most people want to deal with the signs of aging on the skin first.

Regardless of what your complexion looks like right now, you can't see what's going on beneath the surface that will age your skin. Not only does age take a toll on your skin but so does sun damage.

Even if you never get a sunburn and you're careful to cover your skin with sunscreen, you can still encounter sun related damage to your skin. Besides often overlooked sun damage, your hormones also play a part in how your skin will look as you age.

You need to pay attention to the aging stage that you're in as you grow older and gear the steps you take toward what your body needs before it becomes an issue. What you'll want to watch for at this stage of your life are the things that can promote aging.

Your cells aren't producing at the rapid rate that they once were. Your collagen isn't as plentiful. What that means to you is that your skin is laying a foundation for wrinkles to appear shortly.

What you want to do right now is to carefully examine your skin and note any issues. These would be things like loose areas, faint lines, sun spots, deepening grooves and dry skin.

As your skin starts to slow down its cell production, it has a harder time retaining moisture. This lack of hydration can compound the look of aging. So what you want to do is make sure you have anti aging products that give your skin what it's already starting to struggle with producing itself.

That means look for anti aging products that are rich in nutrients. Make sure that these products say they work to hydrate the skin. If you start using a serum designed to tone your skin, you can prevent wrinkles and sagging. It's best to use a daily serum as well as a night cream.

### ***In Your 40s***

By the time you reach your 40s, the signs of aging are going to become more pronounced. If you haven't already set up an anti aging routine, then now is the time to do that.

When you put an anti aging routine in place, even if you've already seen signs of aging, you can roll back the clock. Most people think that by the time they reach this age, they don't have to worry about getting blotches on their skin.

They believe they don't have to deal with breakouts - but that's not true. As you grow older, your hormones are changing and that can have a drastic effect on your skin. You need to check your skin for signs of blotching.

You'll notice this by studying your face in a well lit area and using a magnifying beauty mirror. When you see signs of uneven skin tone, that means aging is causing your skin to blotch in areas.

But there are products that you can use that can even out your skin tone. Check your skin's elasticity, too. Gently pinch different areas of your skin and see how fast it snaps back into place.

If your skin remains pinched together and only falls back into place slowly, that's a sign that your skin has lost hydration and firmness. You'll want to use products that work together to moisturize and restore firmness to your skin.

Don't forget to pay attention to the backs of your hands as well. You can easily see signs of aging here. Extend your fingers out and look for signs of wrinkles, lines and sagging around the knuckles.

You may also notice fine lines and age spots here. Treat your skin with age diminishing products that are known to lighten dark spots, restore hydration balance and tighten the skin.

Because your collagen production slow down also affects the hands, be sure that you use a collagen rich product on your hands. As the skin ages, it can take on a weathered look.

This is caused by sun damage, a lack of proper nutrients, exposure to harsh chemicals, and dryness. When your skin looks leathery, it can make you look a decade older than you actually are.

If you use makeup, always use the types of foundation that offer sun protection. Make sure that you keep your skin as protected as possible from the sun with products that offer at least SPF 30 protection.

Have a habit of using sunglasses every time you're in the sun. Most people don't realize that their habit of squinting in bright lights is bad for the skin. Remember that if the light outside is so bright it makes you narrow your eyes against it, then you're creating lines around your eyes.

Using an eye serum can help fight against wrinkles and lines around the eyes. Never skip a day of putting on moisturizer. If there's one product you always want to have on hand, it's this.

Look for ones that rejuvenate, firm and hydrate all in one product. While you're at it, don't forget to make sure you keep your lips protected against aging as well. Your lips need to stay hydrated, too.

If you have bad habits, these can contribute to the signs of aging. If you smoke, it can cause your skin to develop wrinkles. It can also dry out your skin and cause your skin to lose elasticity.

While you're in your 40s, you'll notice changes in your hair. Growing older can cause your hair to become less dense. You might also start to see some gray hairs. Thinning can begin even at this stage in your life.

You'll notice that your hair has started to thin away from the center for your forehead, allowing your scalp to be seen depending on how you style your hair. The reason this is happening is because your body no longer puts out the same level of hair growth that it once did.

Most women don't realize that this sign of aging can be reversed. You can use products that contain nutrients to make your hair look fuller. Use products that are designed to give your roots a lift.

It's best at this stage to avoid doing things that can damage your hair. This would be habits such as not using moisturizing products. Your hair needs a good hair serum at this point.

You also need to be on the lookout for heating damage. Blow dry your hair using the cool setting rather than the warm one and avoid prolonged use of a curling iron or a flat iron.

Due to a loss in sebum which is your hair's natural oil, your hair will become drier. When that happens, your hair can become dull and you'll be more prone to developing split ends and other damage.

Combat the signs of aging for hair by making sure you eat a diet that contains plenty of foods that have antioxidants. You need vitamins A and E for rich hair growth as well as plenty of foods that contain the omega acids.

## ***In Your 50s***

When you begin your 50s, the changes to your skin can become blatantly clear. At this point, you'll see that the small, almost unnoticeable fine lines have suddenly become quite noticeable.

You'll start to see wrinkles and they'll appear deeper than before. Some people can develop grooves on the face on either side of the mouth. You might also start to notice that the skin around your neck is now sagging.

Your skin doesn't look as firm or as vibrant. The youthful glow has dulled. However, it doesn't have to stay this way. You can get that youthful vitality back by following a definitive action plan.

At this age, exfoliating is a necessary part of any anti aging appearance action plan. Exfoliating gets rid of dry skin cells that can make your skin look dull. It also helps your skin to look smoother.

But what a lot of people don't know is that exfoliating on a regular basis can diminish the signs of fine lines as well as wrinkles. You'll want to use a product that's water based because this also helps your skin's hydration needs.

You can also look for products that are referred to as sloughing creams. These also smooth the skin and can roll back the effects of time. When you check your skin in the mirror, if you notice signs of aging such as wrinkles or thinning skin, you'll want to get started using products that contain retinoids.

Retinoids serve several functions when you use them. First, it fights against aging and is widely recognized as one of the best anti aging products available. Secondly, it has the power to reduce even noticeable wrinkles.

It works to boost the plumpness of your skin. When your skin starts to thin, it can make you look older. This boost in plumpness reverses that and gives your skin back its elasticity.

In addition to that, retinoids are known to interrupt the speed at which the skin loses collagen production. As a result of this, you'll reduce sagging skin. If you happen to have age spots or areas of sun damage anywhere on your skin, using products containing retinoids can change the color of these blemishes and make them appear lighter and less noticeable.

At this stage in life, your body and therefore your skin can become more susceptible to inflammation. You'll notice areas that are red, dry and sometimes feel like thick patches on the surface.

You need to use antioxidant serums to protect your skin against inflammation that can make it look older. Antioxidants are known to reduce inflammation both internally as well as externally.

### ***In Your Senior Years***

The three top issues with age related appearance changes that you'll notice in your senior years are hair, skin and nails. While thinning hair and patchy loss can occur as you age, it's not something you can't prevent.

There are plenty of hair care products that can help but you might end up paying a little more than you normally would. However, these products are well worth the extra cost. You'll want to buy shampoos that offer both volume and softness as a result of using the product.

Volumizing ingredients work to plump up the hair starting at the roots so your hair looks fuller. You need the softening agents because in your senior years, the hair can start to become coarser.

Make sure that you use a conditioner that offers the same benefits. Pay attention to the ingredient list and avoid any products for your hair that contain sodium lauryl sulfate. This ingredient is known to dry out hair.

You can also use products that help you re-grow your hair. Make sure you check with a doctor to see what he or she recommends in instances of severe hair loss. Anti aging appearance products for the senior citizens should include plenty of skin care products.

Your skin becomes damaged starting in your 20s. By the time that you reach your senior years, that damage will present itself in the form of wrinkles, flaky skin, age spots and dark circles.

Your skin will have a dull sheen to it rather than a glow of vibrancy. The way to restore your skin is to have an anti aging appearance plan that includes products containing antioxidants.

Though you can eat foods that contain antioxidants, it's often not enough to restore the damage. You need direct contact to the skin. For that reason, buy skin serums and moisturizers for the skin that contain retinol, Vitamin C and green tea extract.

Also look for ones that contain hyaluronic acid. The appearance of your nails will change in this stage of your life. How fast your nails grow will slow down. The appearance of your nails will change.

You'll notice that they have ridges or ripples in the nails. They can become more susceptible to breaking. The number one cause for aging that affects the appearance of your nails is due to the conditions they're exposed to.

Weather, water and chemicals can age your nails. To combat this problem, you need to use a supplement containing biotin that's known to strengthen and restore nails as well as hair.



## Anti Aging Mind and Memory Action Plan

Most people think that cognitive decline doesn't hit until you're well into the senior years. But the truth is that cognitive decline actually begins a lot younger. The decline can begin as early as in your 30s.

Fortunately, you can prevent this impairment in your thinking and memory skills by implementing strategies to keep your brain function healthy.

### ***In Your 30s and Younger***

You need to keep your mind sharp starting when you're in your 30s and younger. Studies have shown that people who actively seek to prevent aging mind and memory function decline are able to keep their minds sharp longer.

The number one action step that you can take at this age focuses on what you put into your body. When you're young, you might think that eating a healthy diet is what's good for your brain and you would be correct.

However, even following a healthy diet isn't enough to stop brain function decline as you get older. That's because while most people do eat a variety of good foods and try to get all the recommended nutrients and vitamins, they don't get enough of the foods that make a difference to their brain.

These foods are known as superfoods. They're known to specifically give your body health boosts that fight aging. If you can make sure that you get plenty of these in your diet starting right now, you can avoid some age related cognitive impairment.

You might have heard of superfoods but don't know which ones you should specifically consume. You'll want to start with fruit. Make sure that your eating plan is ripe with an abundance of berries.

Fruits like strawberries and blueberries are known to slow down the cognitive decline that aging can set in motion. Specifically, this food works to prevent problems with the brain's ability to concentrate.

Berries also work to protect the memory function of your brain. You might have been warned to lay off chocolate since it's high in sugar but that advice doesn't tell the whole truth.

The truth is that certain types of chocolate are beneficial at preventing brain decline. Dark chocolate is packed with antioxidants that keep your brain

healthy. It also has a side benefit in that it can bring down the numbers of your blood pressure levels, which also helps to protect your brain function.

Superfoods are known for their anti-inflammatory abilities that help brain function. Including plenty of walnuts in your diet will help promote memory retention as well as the way your brain handles signals that control your motor skills.

Another superfood you'll want to have as part of your diet is spinach. This leafy green and delicious vegetable serves the purpose of preventing your brain from cognitive decline.

Adding olive oil to your recipes serves as an anti aging protector for your brain. While you won't be able to stop your brain's actual age, you can prevent the decline of its power by eating foods such as this oil.

Surprisingly, one of superfoods to top the list at protecting your brain from the signs associated with age related decline is coffee. Though some people urge against the consumption of caffeine because it's a stimulant, this natural derivative is known to boost mental clarity and focus.

Plus, it's rich in antioxidants which can improve brain function as well. So start your day off right with a cup of hot coffee. In fact, more than one cup is even better. You don't have to worry about the coffee – just watch how much cream and sugar you put into it.

Some superfoods, such as sardines, are packed with the brain protecting power of omega 3 acids. These acids can prevent mental decline, forgetfulness and improve your brain clarity.

### ***In Your 40s***

After high school, most people go on to attend college and then start their career. For some, this is the end of higher learning. But what you might not realize is that continuing to learn is vital to the health of your brain.

If you start now, when you're in your 40s and seek to learn something new, it helps to boost brain function and works to strengthen your memory skills. The brain is just like any other organ in the body.

It needs to have exercise in order to maintain optimal operating ability and long term health. Without the stimulation of learning, your brain doesn't function as well. You need to take stock over the last month of your life and ask yourself what new thing you've learned.

If you can't think of anything new, that's a good sign that your brain isn't getting enough mental exercise to prevent cognitive decline as you age. So what you have to do is make it a point to continue learning.

What you learn matters almost as much as the fact that you continue learning. Whatever you seek to learn has to be challenging to your brain in order for it to be actively engaged.

What this does is to stimulate the brain cells and works to keep neurons working properly. You can learn a new hobby or pick up some more education based learning activities.

What some people do at this stage of their life is they get involved in learning a new skill such as playing an instrument they've always wanted to learn how to play. There's a reason that this choice is so popular.

Learning to play an instrument challenges the brain in the area of motor control but it also stimulates the area of memory function that goes along with learning new chords. And the good thing about learning how to play an instrument is that you can continue to grow in knowledge through learning new chords, new songs and more, so it offers you many years of protection against age related mental decline.

### ***In Your 50s***

When you reach your 50s, it's important that you have an anti aging mind and memory action plan in place and that you use it regularly. At this stage of your life, your brain is at risk for higher loss of brain function.

This means that your cognitive skills could decline rapidly. You could also start to have noticeable memory loss problems. What you need to do is to pay attention to see if you've started noticing that it takes you longer than it used to for you to be able to grasp information.

You don't seem to snap up information as easily or as fast as you once did. Instead of being able to easily pick up a new skill, you start to notice that you need to go over things more slowly.

You can't quite grasp or understand learning new things the way that you used to. It can become harder to maintain your focus on a task at this point. You might find that when you're multi-tasking, you lose your train of thought and then struggle to get back your focus to what you were doing.

At this point, you don't have the same sharp memory recall that you once had. Things that you used to be able to pick up easily on such as intricate points in a book, you'll have trouble remembering after you finish reading it.

The ability to pinpoint precise detail can become problematic. You won't remember things with as much rich recall as you once did. This gradual decline can hit at this age because of growing older.

However, what often occurs is that it hits some people during this state of life harder than others simply because they don't have a brain function plan in place. You must keep your brain actively engaged in something that makes it use areas that can slow down with aging.

Studies on brain and the way aging affects it have shown that one of the best ways to fight against aging decline in the brain is by taking part in mental games. The types of games that are played do matter.

Board games that aren't puzzle based don't offer as much benefits as ones that are. Still, the most highly recommended games to fight against brain aging decline at this stage are games that involve numbers.

These games are sometimes based on mathematics. One such game is Sudoku. It's a puzzle that's based on figuring out what the missing numbers are. Each puzzle is made of a grid containing some filled in numbers and players must use those numbers to determine what unidentified numbers belongs in the blank squares.

To get the most benefits from playing numbers games such as Sudoku, you would need to set up a regular time to play the game. At least one day a week set aside to play some of these puzzles is recommended.

Once you learn how to play and get the hang of the game, there are more challenging levels you can use. By stimulating your brain function through the use of numbers puzzles, you can not only improve current brain function, but you can also stave off certain age related brain illnesses such as Alzheimer's disease.

### ***In Your Senior Years***

By the time most people reach their senior years, they've accomplished quite a lot in their lives. They've created families, obtained various educational degrees, built impressive careers and have reached most of the goals they've set for themselves.

At this point, retirement looms on the horizon and senior citizens look forward to relaxing without having the need to get up and be part of the workforce. While it sounds great in theory, there's a downside to the golden idea of life after a career.

When you stop having a purpose like being present at work every day and having to interact with others, it can set in motion the start of further age-related brain function decline.

It's true that at this point you will have experienced some differences in how your brain functions. But these changes will grow worse when you're regularly and actively stimulating your brain function.

In this stage of life, most people simply don't exercise their brains the way that they once did. Part of it is caused by slowing down in your activities. If you've retired, you might spend more time alone with activities that only involve yourself.

But one of the biggest reasons that people experience a decline in mental abilities at this age is because of the lessening social connections they have. You're not out and about as much as you once were.

If you retire and move to a new state, you leave the connections that you made over your lifetime behind. This can cause some people to withdraw. You might not realize it, but in your senior years, your brain volume begins to diminish.

When this process starts, the areas of your brain that are important for cognitive function are at high risk. You can check yourself in this area by seeing if you've noticed certain signs of cognitive slow down.

These will show up in symptoms such as an inability to handle mental tasks that are complicated. You might also notice that you're starting to struggle with the ability to concentrate.

Your memory at this point can become spotty. You don't retain things as easily as you once did and you can't pull up information you know that you have such as details about places or events or the names of people.

As long as you're active socially, that brain function decline is staved off because you're exercising the brain. In a study done, it was discovered that a lack of social connection when coupled with age can cause brain function to decline.

The key linking this together is due to the feelings associated with less social interaction. Psychological changes take place when you don't get the healthy social connections that your brain needs.

You might see this manifested in certain physical signs such as the sudden development of insomnia. Or you might see it in a change in how your body normally functions such as higher than normal blood pressure readings.

When you experience a lack of social interaction, this can cause you to feel more stressed than normal. This feeling is a result of a higher release of cortisol in your body. This is the first step in a chain reaction that then leads to a weaker immune system and the experience of emotions such as anxiety and depression, both of which can impact brain function to cause a decline in your memory and ability to focus.

To stave off brain function decline at this age, you need to make sure you have regularly scheduled intervals of social interaction. At least once a week, but twice is better, arrange to meet with friends for a get together.

If you've relocated, then arrange to get involved with others by performing volunteer work. By being connected socially, you can eliminate the signs of mental decline and retain brain function.

## Anti Aging Mobility and Energy Action Plan

There's a commonly shared myth that growing older means you're destined to have trouble with your mobility and energy. The truth is that it depends on how well you treat your body when you're younger whether or not you'll have trouble with this as you grow older.

Not everyone does. If you take care of your body and give it what it needs through each stage of your life, then you won't you have to worry about this issue. However, you do need to make sure that you have an anti aging mobility and energy action plan for each stage of your life.

### ***In Your 30s and Younger***

It can be all too easy at this stage of your life to think that you can eat whatever and take a laid back approach to that extra fifteen or so pounds. After all, when you're younger, it can be easier to get rid of weight simply because you do tend to have more energy.

But the problem is that as you age, gaining weight is a whole lot easier. Before you know it, you can easily have packed twenty or more pounds and each year, if you add just a few pounds, by the time you reach your 50s or greater, you can be in for some serious health problems.

What you want to pay attention to right now is the size of your waist. Take a measuring tape and make how much your waist size has increased from the year before. It can be easy, especially if you're not actively trying to lose weight to let excess weight creep up on you.

Most people don't have a regular habit of weighing themselves. Some people don't do it because they don't want to live according to a scale. And while that's a good way to free yourself of any body image issues, it's also a good way for the pounds to add up.

It's a lot easier to lose ten or fifteen pounds than it is to have to take off twenty or thirty. As you hit your 30s, you'll begin to notice that gaining weight happens a lot quicker than it used to.

One of the reasons that some people believe weight gain happens at this point is because of a metabolism slow down. But the truth is that at this point in your life, your metabolism is still just as fast as it was before.

You would be wise to examine other factors behind the weight gain. Usually, people don't realize the steps that they've taken that has led to the weight gain. The number one culprit is found in eating more food than their body can use.

When you eat more calories than your body needs to run on, unless you burn them off, the only place these calories will end up is as pounds. You can also raise your BMI level and put yourself at risk for weight related health problems.

Whatever extra calories you put into your body and don't use will turn to fat. You'll want to take a look at what you're eating. Most people at this age are eating far too many empty calories.

When you're younger, it can be easy to think you can just grab whatever and go. But check yourself and if you've noticed that you have put on some extra weight, then it's time to stop and do something about it.

What you can do doesn't take a lot of work or really any big changes all at once. What you need to do is to change up the way that you eat if excessive calories are the problem causing your weight gain.

Just start by counting the calories that you are eating. You can get a simple notebook or a journal and make a column for breakfast, lunch and dinner plus a column for snacks. Then for every bite of food that you put in your mouth, you count the calorie content.

This is the best way to take off extra weight if you don't want to end up really struggling with it later in life. Calorie counting is also not as restrictive as some diets. Eating this way allows you to have the foods that you love as long as you're careful.

Instead of having a serving of something what usually ends up happening is that you get two or more servings on your plate. Since it can be hard to judge what a serving size is anymore, it's wise to measure out your food.

Use measuring cups and get a food scale for your kitchen. If you know that you have a weakness with some kinds of junk food, either don't have it in your pantry or buy only the single serving sizes.

Make sure that you don't skip breakfast because this does affect your metabolism and it can also create the tendency to overcompensate with food later on in the day. If you have trouble with counting calories, then what you can do is find a healthy eating plan that offers meals that are nutritionally sound and packed with nutrients.



Look for foods that are high energy foods. These would be items such as bananas, oranges, spinach, brown rice, beans, almonds and more. Whatever you do, never get involved in a fad diet.

These diets are dangerous and can cause significant health problems. As you do get rid of any extra weight, you will end up seeing a natural upswing in the level of energy that you have.

### ***In Your 40s***

At this state of your life you're going to want to pay even more close attention to being on the offensive about your mobility and energy. That's because this is the time in your life when your metabolism does start to slow down.

It's also the time in your life when any extra weight you're carrying will lead you into issues such as high blood pressure, higher than normal blood glucose readings, hardening of the arteries, strokes or heart attacks.

Usually at this age, you'll start to see issues with health that can be directly linked to your family's health history. If you have an unhealthy lifestyle, what that can do is speed up the development of genetic related health problems.

Too often, people reach this stage of their lives and they begin to slow down. They start to take it a little easier. Careful calorie counting isn't important and staying active isn't as important.

One of the reasons for this is that people fall into the trap of believing in the middle age slow down. They think that slowing down physically and having less energy is something that's simply inevitable and that's not true.

The number one cause of a lack of mobility and energy at this stage is tied in directly to how much physical activity you have in your life. You must stay physically active but especially at this stage of your life.

What you need to do is to take stock of where you are in how active you're being. If the only exercise you get is moving around your office or cleaning your home or running errands, then that isn't enough to keep you healthy.

When you're not active enough at this age, you'll set the stage for later problems with weakness in your muscles and painful joints. Your body is like a machine and it must have regular use in order to keep all the parts working properly.

Otherwise, they rust out from non-use. Have an honest look at where you stand physically at this moment. If you're someone who has a hit and miss exercise program, that's not going to cut it.

You need to have regular exercise at least 3-5 days a week at this point. It's better to exercise every day but if you can't, try not to fall below the minimum of three days a week.

If you're someone who can't stand to go to the gym or you just can't squeeze the time into your already overbooked schedule, then look for ways that you can be physically active at home or even at work.

If you're at work, you can use a fitness ball instead of a desk chair. This forces your body to balance itself and uses its core muscles. For people who don't have time to make it to the gym or don't want to, you can buy exercise equipment to have at home.

There are tons of affordable treadmills, some of which come with desks for people who just can't find the time to exercise. This way, you can work and exercise at the same time.

If exercise equipment is out of your budget for the time being, then buy exercise DVDs and workout to those regularly. By maintaining a steady physically active routine, you'll be able to retain mobility and keep up your energy level.

### ***In Your 50s***

By the time you've reached your 50s, you probably already know that you need to maintain a healthy weight. You also are probably already actively engaged in a good, steady exercise program.

What you need to do at this time is to focus on how well your muscles feel. For each decade older that you turn, you'll lose some muscle mass. When that happens, you won't be able to lift things as easily.

You might start to notice that you don't have the strength that you once had. As you lose muscle mass, you can feel a loss in energy as well. Many people concentrate on making sure that they build muscle mass when they're younger but some don't.

And it's this lack of muscle that will determine whether or not you have ease of mobility and energy in your 50s. Even if you didn't concentrate on building muscle mass when you were younger, that doesn't mean that you can't start now.

You can check yourself on the scale but know that your scale will not break down the pounds according to muscle or fat. The reason that it's important to build your muscle mass is because it not only helps to keep your weight at a healthy level, but it also gives your body strength.

If you take part in resistance exercises, this can help you to build muscle mass and muscle mass uses up calories at a higher rate than fat does. In turn, this charges up your metabolism so that you keep the weight off as well as look and feel better.

At this stage of life, unfortunately, many people aren't interested in building muscle mass and that's a shame because it can lead to problems with mobility. If you don't regularly engage in some kind of resistance training to strengthen and build muscles, over time, you will lose enough muscle mass to impact your ability to get around.

This is why some people in their golden years end up barely able to get out of a chair. You can prevent this – and even reverse it in many cases, just by leveling up your activity and strength training.

### ***In Your Senior Years***

In your senior years, depending on how well you've taken care of your health up until this point, you can start to have noticeable problems with both your mobility and your energy.

What some seniors try to do is compensate for the lack of energy by making sure they take multivitamins or supplements that contain minerals that will help boost energy. While this is a good idea, it's not as good at restoring mobility and energy together when you need it most.

There is a way that you can test both your mobility and your energy level. You need to perform a self-check to see if you've had to adjust the way that you do things. This might be evidenced in having to turn a certain way to go up or down a set of stairs because you've started having pain in your back or joints.

It could be that walking the same distances you used to walk with ease now leave you feeling tired and in need of taking a break to rest before you continue the journey. At this point, the best way to keep your mobility and action at a good level is to engage in fluid movement.

This type of movement won't cause harm to your joints and is perfect for someone who's in their senior years. What you can do to retain or even regain mobility and energy right now is to start a yoga program.

Yoga is one of the best ways for seniors to remain flexible without exposing themselves to injuries like can happen with high impact exercises. Another benefit to yoga is that even though it's gentle movement, it does work to help make sure your bones and your muscles remain strong.

You can practice yoga without having to deal with any heavy equipment and it's a great choice for seniors who have problems moving around. While there are many poses within yoga that can work for seniors who want to have an anti aging mobility and action plan in place, there are some that offer great benefits such as the low lunges you can do in yoga.

Another pose that you can use when practicing yoga as a senior is to lie down with your legs against a wall. You simply get into position by having your backside against the wall and your legs raised onto the wall. This helps with blood flow and relaxation as well as mobility, too.

## Anti Aging Disease Prevention Action Plan

The side effects of aging begin a lot sooner than many people expect. While most think that they don't have to start thinking about an anti aging plan until they're in their 40s, the time is actually earlier than that if you want to prevent diseases and their complications as you age.

### ***In Your 30s and Younger***

It's at this stage of your life that you're laying the foundation for how well your body is going to handle aging. It's at this time that you need to take stock of how you live your life and make changes that need to be made.

The things that you do right now, the habits that you have can contribute to aging later in life, and some of them can actually speed up the aging process. Many of these habits have also been medically linked to certain diseases.

What you need to do is to take an honest look at your life and the things that you do that you know aren't healthy. For some people, this will be bad habits such as not getting the right amount of sleep that they need to function.

For others, this might be eating too many foods that contribute to weight gain and ignoring the signs when the numbers on the scale go up. Still, some people have bad habits that cause even worse problems such as excessive drinking or smoking.

Of all the habits that you can have, there is one that will speed up aging in both your appearance and in your body. This one habit is smoking. One of the first ways that cigarette smoking speeds up aging is found in how it can damage your skin.

Cigarette smoking causes wrinkles. You might think that since the smoke is closer to your face, that it's the only area of the body that would be affected by the smoking. But that's not the case.

Studies have shown that having a smoking habit not only prematurely ages the skin on your face and causes wrinkles, it's also the culprit behind wrinkles showing up on other areas of your body as well.

The reason that cigarettes can cause these wrinkles to appear is found in the ingredients all cigarettes have and that's nicotine. Nicotine is a toxic stimulant that's known to cause the blood vessels to become narrow.

When your blood vessels become narrower, they can't carry the right amount of blood to your skin. Smoking causes your skin to suffer from failure to get what it needs to be healthy and vibrant which is oxygen and vitamins that it normally gets from an unrestricted blood vessel flow.

Unfortunately, your skin becoming damaged by smoking isn't the only drawback you'll deal with if you have this habit. By smoking, you open the door to future diseases that can rob you of your health and take years off your life.

When you have a smoking habit, you can significantly increase your risk of dying from heart disease because of the way the nicotine affects the heart's blood vessels. Just like smoking impacts the blood vessels that supply oxygen to the skin, it also affects the ones that supply oxygen to the heart.

Because nicotine is an addictive substance, some people find it hard to break the habit of smoking, especially if it's one they've had for ten or more years. But the struggle is worth it in the rewards of how you'll look and feel.

Even if you've smoked for years, you can make changes in your health right now that can prevent you from developing diseases. Letting go of your cigarette habit is one of the best anti aging decisions you can make.

So right now, while you're still young in your 30s, you need to stop smoking and reverse the damage that has been done to your health. While it can be difficult to break the habit, it's not impossible and many people have successfully broken the habit by following a few simple tips.

Decide when you're going to quit and choose a time and place when it'll be easier for you to stick with the decision. For example, if you know that you're about to face a really stressful meeting or have to deal with a family situation that ties you up in knots, the stress from these can cause you to give up before you really even try.

So don't attempt to quit when you're going to deal with a situation that would normally make you want to reach for a cigarette to calm down. Sometimes making your environment supportive can help bolster the ability to stick to it.

For example, if you normally smoke when you go out with your friends to watch a game at a sports bar, then change the venue. Watch the game somewhere else. Even a small break in routine like that can help give you the fortitude to stick to the choice you've made.

Find a friend who also wants to quit smoking. But make it someone who's serious and not someone who quits every month. You need someone who can offer

you the support that you need to keep you going during the times when you want to give up.

Plan ahead for the problems that you're going to encounter when you do decide to give up smoking. The scent of cigarette smoke can trigger a craving for one. Know ahead of time what you'll do when that craving hits.

Buy some stop smoking products or get a script for one if you need to help you deal with any nicotine withdrawal symptoms you'll encounter.

### ***In Your 40s***

By the time you hit your 40s, you might think that the stage is already set and there's nothing much you can do about aging. At this point in life, many people settle into a middle age lifestyle of relaxing their vigil against weight gain.

This is how the term "middle age spread" first came into use. The term is used to describe people who reach their 40s and either cut way back on taking care of themselves physically or they don't do it all.

The reason for this slack is found in the mindset that once a person hits the 40s, there's no use in trying to stay fit or to eat healthy. People will sometimes think they should kick back and enjoy life by eating whatever they want and doing whatever they want.

Unfortunately, that mindset can be the forerunner for developing age related diseases. Just because you're in your 40s doesn't mean you should give up on your health. In fact, many people find their stride at this age and are actually healthier, stronger and more fit now than they were in their 20s.

You can be too. The number one disease prevention plan at this age is exercise. It's the protective guard against diseases that occur as you age. When you take part in a regular exercise program, you can prevent heart disease.

You can keep yourself from having a heart attack or stroke. You can keep hardening of the arteries from happening. You can keep your blood pressure from skyrocketing and being a trigger that can lead to heart problems.

Another disease that often occurs because of aging is Alzheimer's Disease. Yet, studies have shown that exercising regularly can reduce your risk of developing this disease. The reason behind this is because exercise benefits the brain and can protect cognitive function from declining as you age.

When you have an exercise routine that you engage in regularly, you can also stave off certain cancers that are associated with aging. One of these cancers is colon cancer. By exercising regularly, you significantly reduce your risk of developing this type of cancer as you age.

You can also cut your odds of getting other types of cancer such as breast cancer. The types of exercise that you should do does matter. You need to take part in regular cardio exercises as well as a weight training program.

Not only can you prevent age related diseases with an exercise action plan, but you can also roll back the clock on your appearance too. Exercise is great for the skin.

### ***In Your 50s***

The year that you begin your fifties can be a wonderful adventure in life. By now, most people have been well established in a life they thoroughly enjoy. They're settled in a career that they love.

The children are grown and off living their own lives. There's more financial freedom. More ability to travel. More freedom from the things you once worried about in your 20s and 30s.

But this time of life can also bring more stress than any other time in your life. It's at this stage that most people start to experience an upswing in stress. This can usually trigger what's known as a midlife crisis.

This is what happens when someone suddenly realizes that they're getting older and they take stock of where they are in life. Sometimes people, feel a strong urge to make changes. These changes might be small but other times, they're big changes.

A midlife crisis is simply stress. The stress happens because at this age, people start to worry more about their health. They worry about growing older. They feel the pressure of dealing with parents getting older and may end up having to either care for elderly parents or make the hard decision to place their loved one in a nursing home.

At this age, you might deal with the sudden loss of a job and then feel stressed wondering how you're going to find another job in your 50s. Stress can hit for any number of reasons but it's dangerous if you don't deal with it because stress can usher in the development of age related diseases.



It can weigh on not only your physical health but your mental health as well. When you experience stress, you're at a higher risk of having a stroke or heart attack. Stress has been linked to inflammation, to worsening diseases such as diabetes and more.

In addition to being linked to disease, stress, living under stress can also make your body's aging process speed up. This is why it's so important that you recognize the signs of stress in your life such as anxiety, depression, high blood pressure, headaches, forgetfulness, neck or back pain, increased hunger and more.

You can deal with stress and prevent age related diseases by reducing or removing the stress that you can cut out of your life. If you can't rid of all the stress, you can learn ways to minimize its impact on your health.

You can learn meditation which will help you learn how to relax. It reduces the anxiety that comes along with stress. During meditation, you'll learn deep breathing exercises that will help to alleviate the symptoms associated with stress.

### ***In Your Senior Years***

The best way to stay healthy when you're in your senior years is through early detection. By knowing your body and what's going on with it, you can increase your odds of preventing diseases and boosting your lifespan.

Most senior citizens know some of the more common tests to have to ensure good health. However, as you age, there are certain recommended tests you'll want to have to prevent disease.

If you feel fine and aren't having any health issues, you can stick with the recommended tests for your age level. However, if you've been experiencing some problems, even if they're minor, get them checked out so that they don't become major ones.

At this age, you need to have regular blood pressure screenings. If you have normal blood pressure, as you age, the levels can suddenly change. You can develop high blood pressure or you can develop low blood pressure.

Some of this has to do with how well your body is able to pull the blood flow from your lower extremities back up to your heart. Get tested for colon cancer. The recommended age to do this is every 10 years starting when you're 50 unless you have a family history of the disease.

If this is the case, then you need to be tested every 5 years. Once you reach a certain age, if you're a woman, you might think that you don't need any more pap smears or a pelvic exam, but that's not true.

Cervical and ovarian cancer can develop at any age and with regular checkups, you can prevent these cancers. Plus, in their early stages, both are highly treatable. You should also make sure you practice self-exams and get a breast exam along with a mammogram every year in your senior years.

This is one cancer that age raises the risk of developing the disease. If you're a man, then you need to get regular screenings for prostate cancer since your risk of this disease also rises as you grow older.

You'll want to get regular cholesterol screenings and bone screenings. In addition, you should get hearing and eye screenings too. With screenings, you can be alerted to potential problems that can rob you of your hearing or vision.

Hearing loss can be prevented and so can certain types of vision loss if you stay proactive. Stay up on your vaccinations to protect yourself against infectious diseases. As you enter your senior years, the flu and pneumonia can have deadly consequences. It's important to protect yourself against both.

## Anti Aging Sleep Restoration Action Plan

In a room with thirty or so people, you can be sure that more than half of them will have had some trouble with their sleep habits. Trouble sleeping is defined as difficulty getting to sleep, waking up several times throughout the night and not feeling refreshed or rested in the mornings when you do have to get up.

If you struggle with sleeping properly, you're not alone. However, since a lack of the proper amount of sleep can lead to health problems as well as cause premature aging you need to have an anti aging sleep restoration action plan set up.

### ***In Your 30s and Younger***

If you're in your 30s, and you think you fit the criteria for sleep problems, you can take steps to analyze where you stand and how to deal with the lack. At this age, if you lose sleep, you'll notice that it's affecting you mentally.

If you struggle to get through your day because you feel drowsy, that's a sure sign you're having sleep problems. But there are other things a lack of the right amount of sleep causes that are often mistakenly associated with other things.

For example, not getting the rest that you need can cause an upswing in how stressed you feel. You'll feel stressed over things that didn't use to bother you. You might also start to experience anxiety and feel depressed without being able to put your finger on why.

It seems that every little thing you go through affects you emotionally. With a lack of the right amount of sleep, you'll feel like you're on a short fuse. It'll be easier to have less patience with people and situations and you'll experience a rise in irritability.

You might be able to concentrate at home or at work the way that you use to. When you need to respond physically or mentally to things, you feel like you're moving or thinking in slow motion.

When you're in your 30s and you're experiencing trouble with your sleep, it can be easy to think that you can just get back on track without any long lasting consequences but that's not the case.

Not having the sleep your body needs sets the groundwork for some pretty notable health issues including diabetes, high blood pressure, heart attacks, strokes, weight gain and even early death.

If you're in your 30s and you're having trouble getting enough sleep, you need to analyze how often you're struggling and how long the bouts last. Because everyone can have one or two sleepless nights, these aren't usually anything to worry about.

It's when these times stretch into weeks and then months that you need to do something about them. Far too often people will turn to over the counter medications to help them get to sleep when they can't before they'll try anything else.

That can be a mistake because then your body's natural sleep rhythm won't have a chance to right itself and you can become reliant on medications to help you fall asleep and stay asleep.

It's always best to try natural remedies first. The best natural remedy for sleep troubles at this stage in your life is to make sure that you practice good sleeping habits. Though there are several good sleep habits to follow, you should fit them all into one actionable plan you put into practice every night.

Make sure that you have a set time that you go to bed. Try not to vary from that. If you have a set time to go to bed every night, then your body gets into that sleep rhythm and you'll fall asleep more naturally.

Stay away from stimulating activities before bed such as watching a television show or movie that makes your adrenaline kick in. Make sure all the lighting in the room that you're in is soft lighting.

This type of lighting makes it easier to fall asleep at night whereas bright lights make you feel more alert. Stay away from any type of chemicals that are stimulants. This means don't have any caffeine at least a few hours before bed.

The caffeine will kick in later in the evening and make you feel wide awake. By the same token you also want to make sure that you stay away from smoking before bed. The nicotine in cigarettes is a stimulant so if you smoke before bed and have trouble getting to sleep, that night time smoke could be one of the reasons.

Though doctors recommend having wine for the sake of your heart, it's not recommended as a way to help you get to sleep. The wine and other alcoholic beverages can take a hard toll on your ability to fall asleep.

Alcohol is known to disrupt the sleep pattern. Specifically, it can cause trouble with your REM sleep. When you lose REM sleep, it can affect your memory function. If you have trouble falling asleep because you live in a noisy area or

you have roommates who aren't quiet at night, the solution to this can be sleeping with a pair of earplugs in.

If you don't like sleeping with earplugs in, then you can use a white noise machine to drown out the sounds. One of the big reasons that many people have trouble sleeping at this age is because as soon as they lie down in bed, their mind kicks into high gear.

They start thinking about all the things they didn't get done that day and all the things they have to accomplish tomorrow. They worry about things that are going on in their lives or fret over a relationship issue.

Or maybe it's job or finance related. Whatever the issue, lying in bed allowing these things to run through your mind is a good way to rev up anxiety and cause you to be unable to fall asleep.

It can be helpful to make a tomorrow worry list. This is where, before you get ready for bed, you make a list of all the things you need to worry about tomorrow. This act helps you clear your head and make it easier for you to get some much needed sleep.

### ***In Your 40s***

Of all the basic needs that you have in order to function properly, sleep is at the top of the list. If you don't get the sleep that you need it will cause you to have some serious physical problems and can also cause emotional or mental problems.

Your body uses sleep to help itself run the way that it's supposed to. The function of sleep is so that you'll be mentally alert and able to function. Sleep handles the body's processes such as the production of cells and hormones.

When it's interrupted, these processes are also interrupted. When it's time for you to go to sleep, your body begins a process where to prepare for it. For example, when it's time to sleep, your body pushes for the release of melatonin to help you get there.

When all is well in your sleep habits, the melatonin works to bring on sleep and you get the rest that you need. You can analyze whether or not you're getting the amount of melatonin production you need by checking on how you feel.

If you notice that you fit any of the following symptoms, it's highly likely that your melatonin production has fallen off which is a common problem associated with middle age.

With the beginning decline of melatonin production at this stage of life, you'll notice that your sleep patterns have been disrupted usually during your restorative sleep stage. Analyze yourself to see if you've noticed changes in your sleep pattern but often, a loss of melatonin shows up in other ways as well.

Besides a loss of sleep, you might feel a rise in anxiety or depression. You might feel more than just slightly tired. Some people experience fatigue like they've never had it before.

Others feel mentally fogged like they're a beat behind and can't quite seem to stay on top of things. Other times, you might notice more physical changes with a loss of melatonin such as constipation.

This is caused by the disruption in your sleep habits. Knowing what's wrong and why you're not getting to sleep is a pretty easy fix if it's related to a low melatonin production. You can buy melatonin supplements over the counter at health food stores and the instructions on how much and when to take this sleep hormone will be listed on the packaging.

### ***In Your 50s***

Many people find that at this stage of their life, they're not getting the same amount of sleep that they used to get. Surprisingly, not getting the same amount of sleep doesn't always affect how you feel.

It's not about the amount of hours you sleep as much as it's about how well you do sleep once you drift off. When you fall asleep, your body goes through different stages of sleep.

In the first stage of sleep you're only partially drifting off. A loud noise could easily startle you awake at this point. You're also still in the stage where feel kind of awake but not completely.

In the second stage, you sleep to the point where you don't know what's going on around you and you can't be startled awake as easily. By the time you hit the third and fourth stage of sleep, you're in deep sleep and your body is working hard to repair muscles and tissue, boost your immune system and give you restorative rest.

Because this is a deeper sleep stage, if you were to wake up at this point, you would feel out of it and have trouble thinking clearly. Once you hit your 50s, there can be an issue where you start to wake up from this deeper sleep and

when you do, it impacts your body more because once you're awake at this sleep stage, it's harder to drift back off.

What you want to examine yourself for when it comes to sleep at this stage is whether or not you feel a physical or mental overload. Sometimes, you can experience trouble sleeping and not realize that it's because something is bothering you.

If you get ready to go to sleep and you feel a sense of unease or you're worried but don't know why, it can help to undergo behavioral therapy to get back to the sleep you once had.

One of the easiest parts of behavioral therapy in your 50s is known as relaxation therapy. This therapy focuses on learning how you can do deep breathing exercises to induce a state of relaxation.

As you perform the deep breathing exercises, your muscles relax from head to toe. This in turn induces a state of mind relaxation that can make falling asleep and staying asleep a lot easier.

You can learn behavioral relaxation therapy through meditation on your own or with a guide. There are books as well as CDs that you can buy that will walk you through the steps. Once you put this practice to use, you'll find that you're able to once again get a good's night sleep.

### ***In Your Senior Years***

By the time you reach your senior years, sleep problems can be quite common. Many seniors report trouble sleeping at this stage of life. Sometimes, this trouble sleeping is directly linked to changes that the body goes through that alters the body's natural sleep patterns.

This is why you may notice that senior citizens tend to rise often before it's even daylight. Their sleep cycle has been altered because of the way their body has changed.

Not getting enough sleep isn't good for your health at any age but especially as a senior citizen because the longevity can be impaired. Your lifespan will be shortened when your sleep cycle is malfunctioning.

The way that you can tell if you're at risk of aging your body and even premature death is to pay attention to how long it takes you to fall asleep at night. If it takes you more than 30 minutes to get to sleep, then your risks of premature death are higher.

Go through a question checklist to find out why you're not getting the sleep that you need. Ask yourself if you're struggling with emotions like worrying. Have you recently had a health scare?

At this stage, a health scare wakes up many senior citizens to their own mortality and makes them worry about their future and the future of the loved ones they'll leave behind.

Do a medication check as well. There are many medications that can disrupt the sleep cycle and although that may be noted on the pharmacy insert, many people don't often make that medication/lack of sleep connection.

If you do a life check and figure out that you're not experiencing any heavy worry or other emotional upsets and you're not losing sleep because of medication, fixing your sleepless nights should be a simple repair.

The cure for losing sleep when you're a senior citizen is to get out in the sun. Make sure that you spend some time outdoors and soak up the bright sunlight. It's recommended that people at this age spend at least two to three hours in the sun.

Make sure you that let plenty of sunlight into your home by opening up your windows and letting the sunshine in. You can sit in the sun coming in through a window in your house if you can't get outside.

The reason that it's important for you to get outside and get some sun at this point is because the sunlight boosts the production of melatonin which is the sleep hormone. It also works to help your sleep cycle stay regulated.

If you live in an area where there's not as much sunlight, then get a sun lamp to use for light therapy. You can order one online and have it shipped right to your doorstep.



## Anti Aging Personal Satisfaction Action Plan

A personal satisfaction plan is going to be different depending on who you are and what it is that you want out of life. Some people want something simple, others want something more elaborate.

But whatever it is that you want, put it into motion right now to make it come true. After all, you only have one life and you want to make sure that you live it to the fullest with no regrets.

### ***In Your 30s and Younger***

When you're in your 30s, you're well on your way to setting the stage for how your life is going to be in the future. It's usually at this time in your life that you're settling into your relationships and your career.

It's also at this stage in life, especially toward the middle and end of the 30s, that most people take stock of their lives and realize with a shock that deep down, they're not truly happy.

Unfortunately, far too often what happens is that these people keep on thinking that it's too late to chart another course now. And if you have years of education behind you that has led you a certain direction, then making a change can seem even more insurmountable.

But you need to stop looking at the problems associated with changing your life so that you're satisfied with it. You deserve to be happy whatever it takes to put that into motion.

Plus, it's better to make any big changes now so that you can have the future that you want to have. The number one area where most people discover that they're not really finding personal satisfaction is with their career.

If you think about it, though, when most people embark on a career path, it begins in college. They make a choice about what they want to do for the rest of their lives as a career when they're only 18 or so years old.

That's a really young age to be presented with having to make a choice that's going to determine the outcome of your life. It could be that when you were that young, you always knew what you wanted to be but now, you're not so sure.

That's because time and age changes your perspective in life. What was important at 18, doesn't seem to matter nearly so much once you hit your 30s. And you shouldn't stick with a career plan if you're not happy just because you thought you would be years ago.

People change and it's okay. Some people are reluctant to let go of a certain path in life because they're afraid. They're afraid of what people are going to think of them if they make a change.

They don't want to disappoint people who rooted for them or who helped them get where they are now. They don't want to seemingly "throw away" a college education that led to the point where they are with the career that they have.

These fears hold many people and they stay stuck in life that they're living for someone else's satisfaction. The people that loved and rooted for you at 18 will still love and root for you in your 30s and if they don't, then it's not your problem.

Don't make someone's approval contingent on you being happy for the rest of your life. If you look at your career and you're not happy, then change it. There are lawyers making six figures a year who walked away from that to become writers and authors, doctors who gave up the profession to become motivational speakers.

Regardless of what your career is or how long or how much money it took you to get there, if you're not happy, then it will affect your health in the long run. Unhappy people simply don't live as long as people who are happy do.

Choose your own personal satisfaction over what you feel you "should" do. If you decide to change your career path, what you want to do first don't just walk in the door of the office and announce that you're done unless you have enough of an emergency fund to pay your bills.

Take the time while you're still holding onto your current job to set up your new direction in life so that financial issues don't weigh on you. Take stock of your spending habits now to see if there's anything you can cut so that you can save as much money as possible.

Make sure that you have at least 3 months' worth of your salary put back to pay the bills while you're working on the goals that help you make the transition. Make sure that you do whatever research is needed to prepare you for the change in direction you're going to take with your career.

For some people, that might mean that you have to pick up some new skills or have to take some courses to learn a new career. Whatever you can do now to make the transition as smooth as possible will benefit you in the future.

### ***In Your 40s***

When you enter into your 40s, there are usually a lot of life changes going on. You might have kids who are going off to college and leaving you with an empty nest for the first time in decades.

You might be experiencing the emotions associated with midlife crisis and you just don't feel that satisfied with your life. Since personal satisfaction is one of the best ways to help prevent certain types of aging, you'll want to figure out what it is that you're not happy about and change it.

Life is too short to simply endure something you can change or remove. One of the things that many people in their 40s start looking at for personal satisfaction is the desire to run their own business.

That's easier than ever before now that there's such an abundance of businesses that you can start right from your own home. These businesses can be started for almost next to nothing cost-wise and can be run online.

You can have a business up and running in as little as a few hours. Plus, you can start an online business without having to learn a lot of new skills because you can use what you already know.

You can tap into the expertise you've already picked up in life and turn that into a side business. For example, by the time they've reached their 40s, most people are pretty savvy about finances.

You can easily write up a short eBook about managing money and offer it online to others. Or, if you have expertise in a certain area such as handling taxes, you can write up a book on tax tips that can save people money and offer that for sale.

Whatever it is that you know can be leveraged into a side business and many of these businesses can easily turn around and make enough money so that you're able to cut back hours at your job.

One of the easiest ways to start making money online with a side business is to set up your own website. There are many free tutorials that can walk you through it step by step once you buy your domain name.

On your website, you can showcase what it is you have for sale. You can also set up a blog on your website where you talk about your expertise and get to know your audience and you can also have photos of what it is you want to sell.

You can also become an Amazon associate to promote and sell products for the company. Once you put the links to the products up on your site and people click on the link, then go buy the product, you'll earn a commission based on what it is that the consumer purchases.

If you're good at making craft items, then you can set up a shop on a site like Etsy. This gives you an online store to market your wares. This site is widely known for a variety of handcrafted items.

You can find everything from clothing to jewelry to woodworking and more. If you have the ability to write and copyedit, you can offer your skills to businesses or authors who are looking for professionals to polish their work.

There's almost no limit to what kind of business you can start online. All you need is the desire to have a business and then set up your online presence.

### ***In Your 50s***

Everyone has something that they're passionate about. It's a great thing when that passion is directly tied in to the life's work that a person does, but sadly, this isn't usually the case.

Most people have a career, then they have that separate thing that they're passionate about. This is why most people in their fifties have a hobby that they look forward to engaging in the second they get off work.

They love doing it and it brings them enjoyment and a sense of feeling fulfilled. There are many hobbies just waiting to be discovered that will bring you a lot of personal satisfaction.

Studies have shown that people who have hobbies they enjoy live longer too because it helps them find freedom from stress. Look at what it is that you find enjoyment in. Some people find happiness by tapping into their creative side.

If you're into creative designing, there are many different choices you can make. You can design with paints or sketch. You can create pottery or sculpt intricate designs. You can make household furniture or objects of art.

You can create jewelry or clothing. Whatever it is that you enjoy doing will help you to find personal satisfaction and as an added thrill, some people have even turned a hobby they love into a profitable side business.

Some people enjoy cooking or baking. You can use this hobby to take gourmet cooking classes or courses like cake decorating and make beautiful creations for your family to enjoy or as specialty cakes for other families.

If you prefer to have a hobby that's more physically active, then you can take up something like dancing. Many people in their fifties have always wanted to learn how to dance and it's never too late.

You can learn ballroom dancing or line dancing. You can learn tap dancing or modern dance. Or you can learn swing dancing. If you're feeling particularly adventurous, you can even learn belly dancing.

The trick to finding a hobby that you want to do. You can uncover this by looking at what it is you already enjoy. If you already enjoy cooking or gardening or dancing, then those are good signs that you would enjoy doing them as a hobby.

### ***In Your Senior Years***

One of the things most people say that they want to do with their lives when they retire is travel. But sadly, it remains a dream because they never actually get around to doing it.

There are always different reasons why they believe it doesn't work out. It's never the right time, or there might not be enough money or there's no one to travel with. If you want to travel and it's something that you know will give you personal satisfaction, then you simply need to make it happen.

It really is easier than it looks. You can travel at any time of the year in your senior years. At this stage in life, most of the responsibilities of setting up your financial future have already been done.

Most senior citizens aren't responsible for children so there's no one to worry about setting up childcare for. You can just go. If you're worried about the cost of traveling, believe it or not, it's actually cheaper to travel now than it ever has been before.

Everything from travel fare to accommodations can be found cheap. Plus, many airlines and other modes of travel offer discounts to seniors. If you live on a

limited budget like some senior citizens do, one of the best ways that you can travel and see different places of the world is by offering to house sit.

This usually gives you free room and board in exchange for simply staying in the home and it leaves you free to play tourist in the city you're staying in. Some college dorms will rent a dorm room for a night or two for much less than the cost of a hotel room.

If you're still in good health and you've always wanted to see the world, you can take on a temporary part time job on a cruise line aboard a ship. There are hundreds of jobs available on a cruise ship in the entertainment, gifts, casino or salon departments to name a few.

You can get hired on and the travel is free and most cruise lines have an employee meal plan. You would get to earn a paycheck as you travel the world. You can also arrange to be a tour guide for various companies.

Most of these companies will pay for your travel to wonderful cities like Rome. You could visit Paris or other countries on someone else's dime. If the idea of traveling alone isn't your thing, there are groups of senior citizens that you can join to travel with. Just look up senior citizen travel groups or clubs in your area.

Turning back the clock or freezing it in place is easier than most people believe. Don't let the fine lines or thoughts of what year it is get you down. Make a plan of action to improve every aspect of your life that contributes to the aging process and then implement it.

Whether you're in your teens, twenties, middle aged or in your twilight years - you're never too young or too old to work on anti aging. Don't do it because you have to. Do it because you believe you deserve the best life you can live.



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