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Six Steps to Turn Back the Clock This Year

by Joan Maiden

Another year has come and gone. Where did the time go? As we turn the calendar forward, here are six steps you can take to turn back the clock, be younger this year and live with more vibrancy, energy and independence.

1. Lift weights. This year, reclaim your lost muscle with resistance training. Frail and weak doesn't have to be the norm as we get older. With a resistance training program, you can see positive results in as little as two weeks, no matter how old you are. An inactive person can lose up to 50% of their muscle by the time they are eighty. No wonder so many older people have trouble getting in and out of a chair and walking up a flight of stairs. Muscle loss is also the #1 cause of poor balance which leads to falls.

2. Stretch. Think of stretching as "lubing the chassis". Stiff joints make it difficult to get around, get dressed, not to mention bend over and tie your shoes. Simple stretching exercises, yoga or Pilates can keep you limber, making moving easier.

3. Stand up straight. Good posture can do more to make you look younger than Botox or a facelift. Hold your head high, pull your stomach in, keep your shoulders back and take years off of your looks.

4. Be grateful. Be thankful for the positive things in your life. Studies show that people who are grateful as they get older have less stress and better health. You will not only feel better, you will also be more pleasant to be around.

5. Give. You have valuable knowledge and experience—pass it on. Have a craft day with neighbor's kids and teach them some of the things you learned as a kid or pass along family stories. Visit or call a shut-in and brighten someone's day.

6. Smile. You will not only look and feel better; you will keep people wondering what you've been up to.

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