

Title:

10 Steps You Can Take To Slow Down Aging

Word Count:

451

Summary:

Aging is a complex process that involves many areas of your body. It's unlikely that any one p

Keywords:

anti aging, stop aging, How to slow down aging

Article Body:

Aging is a complex process that involves many areas of your body. It's unlikely that any one p

1. Eat a varied and healthy diet. Include plenty of fruits, vegetables and whole grain foods.
2. Exercise every day. Exercise improves appetite, makes healthy bones, gives you a better emo
3. Seeking prompt medical care when you're ill or injured. Listen to your body and take care o
4. Use sunscreen to prevent sunburn. Professionals agree that one of the most significant fact
5. Quit smoking and avoid secondhand smoke. Smoking has very damaging effects and dramatically
6. Manage stress. Stress is a part of everyday life. Develop ways to help you cope and adjust
7. Look for ways to improve overall well-being and enthusiasm for life. Be curios and creative
8. Keep strong relationships. Maintaining close ties to your family and friends are crucial to
9. Don't let fears and worries dominate your life. A worried mind is not at peace and robs you
10. Keep cells youthful with antioxidants. Antioxidants are found in a full-range of fruits an

Do all you can to be healthy and in doing so you will age slower. If you have any questions ab

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