

Managing Age the Proper Way by Lee Haney

Nearly every civilization under the sun have heard tails of the fountain of youth.

Some say it's somewhere in South America and others say Africa. Whether true or not no one have been able to located it.

Since the fountain haven't be found yet, we must find other ways of trying to slow the aging process. And yes, they do exist.

Studies have shown and proven that the best way to manage age is found in good nutrition, regular exercise, sleep, relaxation, and nutritional supplements. In the following paragraphs, we'll take an individual look at each of these and find out how they help manage age.

1. Nutrition plays a vital role in repairing cells and tissue throughout the body. while regular exercise strengthens and enhances physical function. A diet balanced with proteins such as fish (salmon, Tilapia, sole, halibut, haddock), eggs, chicken, beans to repair cells and carbohydrates that consist of a variety of mixed vegetables (greens, cabbage, squash, okra, bell peppers, corn, green beans, yams, etc.), fruits, and whole grains for energy, is exactly what the body needs to repair its self with age managing nutrition.

2. Exercise helps strengthens physical function throughout the entire body by building strong muscles and increasing bone density. Resistance training is the best way to keep the skeletal system strong and healthy. Resistance training also strengthen stabilizing muscles in the hip, lower back, and abdominal areas which are crucial in preventing falls as we age. An exercise program consisting of resistance training three times per week and 30 minutes of cardio training every other day is a great way to manage age. *See my Total Body workout DVD.

3. The other determining factor to managing age is getting the proper amount of rest and sleep. Rest is important for the rejuvenation of cellular growth and recovery. Rest is the only natural way for the body to produce natural growth hormone which slows aging. It's recommended that we get at least 8 hours of sleep each night and a 30-45 minute nap when possible during the day. This was a common practice years ago with grandparents and they lived longer.

4. Then of course, the role that psychological wellbeing plays in managing age. Stress and depression can kill faster than a high fat diet with no exercise. Especially in the times we're living. Not knowing how to handle stress can create turmoil throughout the entire body. Often times people turn to food, alcohol, and drugs which are temporary fixes. However, there are many ways to deal with stress and depression without tearing ourselves apart. There are several therapeutic ways such as messages, soul soothing music, walking in the park, cru zing on a Harley, fishing, or playing golf. Personally, I find that time spent praying and reading the Bible (Philippians 4:4-8) always lifts my spirit. Find a stress reliever that best suits you and make it a part of your daily agenda.

5. Then of course, there's nutritional products for everything imaginable. I prefer to lean more toward functional vitamin supplements. Those that will help maintain and enhance daily physical function.

#1. Food base daily multivitamins (Life Essentials)

#2. Joint and tendon complex (Joint Mobility)

#3. Bone health (D-3)

#4. Help fight heart disease (Resveratrol)

#5. Cardio-vascular health (Omega 3)

#6. Stamina and recovery (Ubiquinol)

#7. Help enhance natural growth hormone reproduction (Natural Growth Enhancer)

While it's true, we're not going to live forever, however, we should use every natural means available to enhance our quality of life and manage our age the best way possible.

For more information on age management nutrition and exercise tips, take time to study the information provided on my personal website: www.leehaney.com and listen in to Totaleefitradio.com.

By making the five points discussed a regular part of your daily reference you're sure to feel and look great for years to come.

Yours in health,

Lee Haney