

[IMAGE]

3 Ways to Fight Aging

By Editorial Staff

3 Ways to Fight Aging - Eat - Copyright © Stock Photo / Register Mark **Eat**

Proper nutrition is an absolute essential when it comes to prolonging lifespan; countless studies suggest the benefits of healthy eating relative to the prevention of age-associated decline and disease. Just consider that obesity, caused primarily by poor eating habits, is associated with numerous diseases and early death. In short, eat right and live longer, better.

3 Ways to Fight Aging - Move - Copyright © Stock Photo / Register Mark **Move**

Simply put, motion is one of the best ways to stay healthy and age gracefully. Exercise strengthens the cardiovascular, skeletal and muscular systems, three of the primary body systems that tend to decline with age. So go for a walk, take stairs instead of the elevator, pick a few weeds and do push-ups with your kids; your body will thank you for it, not only now, but also in the years to come.

3 Ways to Fight Aging - Think - Copyright © Stock Photo / Register Mark **Think**

Alzheimer's disease, dementia and cognitive decline are hallmark complications of aging, and they affect far too many people. Fortunately, evidence suggests mental stimulation, accomplished by activities such as crossword puzzles, board games, etc., helps keep the mind sharp well into your golden years. So don't vegetate; participate! Your brain is your most valuable asset.

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