

ANTI AGING



&

EXERCISE



Anti Aging & Exercise

Let's talk about anti-aging. People say anti-aging but I'm into pro-aging particularly for women.

We are living in a society where women reach a certain age and are not needed as much as younger women. They are made to feel like their life is redundant.

They need to understand that the knowledge they have gathered over many years of being a woman, of being a mother, of being a wife, of being a sister, daughter all the people that they are, has given them life experience and has value.



Even with that life experience many women find that they don't get to keep their jobs anymore. Many are made redundant around the age of 50.

This is actually quite sad because this is quite an amazing time in life.

Remember, if you feel strong and passionate about yourself you will continue to have that energy and people will be attracted to you.

I run classes for women that are exciting and fun. Anti-aging is very much a part of that, but pro-aging is what I want to call it instead.



They are doing exercises that are fun, dancing, feeling alive, lifting hearts and heart rate, and they feel the joy of being alive.

My Tips For Anti-Aging Are

Keep moving, keep having fun, keep feeling the joy.

Do the things you really want to do.

Do not take yourself into a headspace where you feel you are not worth it anymore.



I get people who call me and say. "I'm 55, am I too old to come to your class?" and I say, "Oh my God, not at all. Please come".

Some of those people turn up and they look a lot older than what they actually are.

Once they start moving their bodies, start feeling the joy, having fun, lifting their heart rate, and getting their body moving they start feeling so much better about themselves.

Moving is anti-aging or pro-aging as it helps lubricate your joints and your spine is in balance.



Your muscles are working with your bones to help prevent osteoporosis.

All of those things are anti-aging.

The most wonderful thing is when you start moving, and jumping around, your face starts to get colour, the blood supply to the face is giving you a more youthful appearance.

The sweat that occurs while exercising is actually really good and it is moisturising your skin.



So this is one of the ways that you can do your anti-aging without really having to do much other than move your body and feel happy.

Smiling is really important. When you smile, you actually start to increase the endorphin levels in your body.

The endorphin levels are your happy hormones. If you smile at other people, you will find that other people smile back.

Giving and taking is another way to make you feel good to aid anti-aging or pro-aging.



I'm a firm believer in doing what you feel you would like to do.

Don't let anyone make you feel like you have to stop because of your age.

So to start looking younger and feeling younger, start moving your body today and look at pro-aging gracefully.

This Ebook is a collaboration between Jill Healy-Quintard, Yoga Teacher at bodyandbalance & Global Healing Exchange

