



Ten Ways We Speed Up Aging

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Ten Ways We Speed Up Aging

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Ways We Speed Up Aging – Number 1

High Blood Pressure

Remember saying at your last high school reunion, "Did I actually go to school with these people?" It was hard to imagine being in the same class with some of your former schoolmates wasn't it? We don't all age the same. Our everyday lifestyle choices can either speed up or slow down how we age.



The Centers for Disease Control (www.cdc.gov) lists heart disease as the number one cause of death for both men and women. One leading culprit: salt. The generally recommended daily intake is less than one teaspoon. What's your intake?

High blood pressure (140/90+) is the leading cause of arterial damage. Most healthy aging medical doctors agree that arterial damage is the number one cause of premature aging. It speeds up the biological clock.

It ain't all genetics. The foods we choose to eat; whether we exercise or not and how we manage daily stress can help us control our blood pressure. A normal reading is 120/80. For even healthier aging, some doctors prefer our blood pressure at 115/76. Use our [Healthy Aging Checklist](#) and become aware of your current health status including your blood pressure.

Choose balanced meals with healthful portions of whole foods with naturally occurring ingredients. Get regular physical activity (minimum 30 cumulative minutes per day at a moderate intensity) and learn a stress management technique like yoga, prayer or meditation. Finding ways to carry your peacefulness with you is Aging Fabulously!™

Resource for further learning: www.americanheart.org

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Ways We Speed Up Aging – Number 2

Unchecked Stress

Our nervous system has a built-in high alert siren. It's called the stress response or from Psyche 101: Fight-or-Flight. Whether real or perceived, stress agitates a host of profound physiological responses: Our heart speeds up and blood pressure rises as nourishment is directed toward large muscle groups and away from non-combat functions like digestion. Our immune system churns out potentially artery clogging inflammatory chemicals. Our liver helps ready us by releasing sugars, cholesterol and fatty acids. The pituitary gland pumps out adrenaline for increased energy. And our adrenal glands secrete cortisol into our bloodstream. The rush can cause hormonal imbalances and fatigue later.



We now know the chemical imbalance caused by excess stress, namely the cortisol, causes us to crave sugary and starchy carbs. Under conditions of prolonged stress, our bodies natural wisdom is to store carbs as fat (largely in the belly area) for use as quick energy. Chronic stress can also produce anxiety, depression and memory loss all of which is why it's considered a leading cause of premature aging. Ugh!

Nature's stress response was designed as our passing gear when we needed it (like if we're being chased by hungry lions or bears). But if being on red alert is just another ordinary day, it becomes anti-Aging Fabulously! According to the American Institute of Stress, 90% of visits to the doctor's office and two-thirds of heart attacks are attributable to our high octane lifestyles including nutritional stress; our body's need to constantly defend itself against a high fat, sugary and salty eating pattern.

What can we do? A lot!

Lifestyle changes rank high on the list of stress researcher's suggestions as ways to protect our health and tame an out of control pace. Consider fitness a first preventative measure. Regular exercise, adequate relaxation, healthy nutrition and a good night's sleep are important behavioral changes that will counteract the effects of stress. Also, try leaving work early enough to add a little balance to your day. Mental activities like meditation, practicing non-judgment and managing your reaction to life's events will go a long way in making you less stressful to begin with. These are learnable lifestyle skills.

Get a leg up on stress. Pay attention. When you notice tension building, stop and ask, "How can I live well and be well through this?" An answer will come. Are you listening? You are Aging Fabulously! Look for more ways we speed up aging in our next issue.

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Resource for further learning: www.nlm.nih.gov (Keywords: stress management)

Ways We Speed Up Aging - Number 3



Chronic Inflammation

Our awesome bodies are equipped with built-in protection mechanisms. The stress response is an excellent example. It was designed to protect us by heightening our senses so we can fight or flee from danger. Another built-in intelligent response is inflammation; cellular level healing and protection from assaults.

Inflammation is the body's way of nourishing areas it senses are under attack. It's basically our cells generating inflammatory chemicals throughout our bodies. On the outside, we visibly see and feel inflammation when we get cut or bruised. The affected area becomes inflamed as noticeable by heat, pain and swelling. Inside our body, the protective response involves hormone activity to support immunity. We're miraculously equipped with complementary hormones. We have some that increase inflammation and some that decrease it. As with all of life, when our hormones are in balance, we're good to go. There's not a problem.

Problems do arise, however, when our lifestyle calls for higher than normal levels of hormonal defense activity like chronic inflammation. Our food choices, sun exposure, stress levels and pollution can create hormones that increase inflammation inside our bodies. When our bodies are forced to endure prolonged periods of inflammation especially in areas where it is not needed (i.e. there's no ailment or injury), we become susceptible to disease.

Bad news: Medical doctors now believe that sub-clinical chronic inflammation is the root cause of most age-related diseases which is why it's considered a leading cause of premature aging. It may speed up wrinkling of our skin too. Ugh!

Good news: Since the discovery that inflammation is linked to diseases typically associated with aging, there's new research being focused on ways to control it and, consequently, slow the aging process.

Lifestyle changes, especially managing our overall eating pattern, are chief among ways to get a handle on inflammation. Here are a few anti-inflammatory food choices.

- Eat a healthy diet of balanced macronutrients and micronutrients
- Include healthy fats and omega 3 fatty acids
- Avoid unhealthy fats and known carcinogens
- Limit fried foods
- Control portion sizes

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Beyond making healthy food choices, be cautious about your exposure to harmful UV rays and environmental pollutants. They're considered leading external causes of inflammation along with stress. A health check including the now popular C - reactive protein (a biomarker for inflammation) test may help identify the presence of inflammation. Your medical advisor can prescribe corrective treatments. Use our [Healthy Aging Checklist](#) and get updated on your fabulous health.

You are Aging Fabulously!™ if you are taking control of your health and practicing a lifestyle with preventative measures.

Resource for further learning: www.webmd.com (keyword: inflammation)

Ways We Speed Up Aging - Number 4

Roller Coaster Blood Glucose Levels

Want to kick your lifestyle into super fabulous range? Start managing your blood glucose level. It plays a significant role in how well you age. Here's what you need to know.

Whenever we eat, our body converts the carbohydrates in food into glucose (aka blood sugar). It's the most useful form of energy to fuel and nourish our brain, muscles and organs. The glucose enters our bloodstream and activates the pancreas which then produces the hormone insulin to help regulate the amount that goes into our cells. This is all good on a normal day eating healthful foods.



When we choose to eat rapidly digesting processed and refined carbs, it causes a spike in our blood glucose level which requires increased levels of insulin to control it. Later our system crashes (mood and energy-wise) once insulin has done its job of scooping up the excess glucose. A regular blood sugar level roller coaster ride as an eating pattern is anti-Aging Fabulously! It accelerates the aging process by making us susceptible to a number of chronic diseases including diabetes and metabolic syndrome. The syndrome is a cluster of interrelated maladies that have been linked to high blood sugar. You make the club if you have three or more of the following risk factors: Abdominal obesity, high cholesterol, high blood pressure, high triglycerides, or insulin resistance. And metabolic syndrome is a precursor for heart disease. Yikes!

Okay, let's back up. How can we sidestep these health issues or minimize the damage?

With today's science, we can know in advance how foods will impact our blood sugar level. Researchers at the University of Toronto developed a handy tool we can use called the

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Glycemic Index. Originally created to help control diabetes, it's useful to anyone interested in learning in advance how a food will impact their blood sugar level. A GI rank of 70+ is considered high meaning it'll have the impact you don't want; a spike in your blood sugar level. Lower ratings (near 50) mean the food won't necessarily cause your blood sugar level to soar. Sugar straight up is ranked 100.

There's also an impact ranking of foods called the Glycemic Load (GL). Although similar, the two indices may lead you to slightly different conclusions about what to add or delete from your eating plan. The basic difference is that the load considers the fiber and water content separate from the carbohydrate content. What does that mean? You won't be afraid of carrots and beets if you use the glycemic load. You can check out the glycemic index and glycemic load ratings of many familiar foods at www.glycemicindex.com.

Aging Fabulously Lifestyle choices to keep blood glucose levels in check include [knowing your health numbers](#); a healthful overall eating pattern of whole, natural foods; weight management; stress management practices like Yoga; and quality sleep. And as a general rule, protein and fiber help slow the release of sugar into your bloodstream. So, if you're caught without a healthy meal and only a vending machine for sustenance, reach for the chocolate bar with nuts (protein) or fall back on the basics. Mother Nature gave us the apple (GI=55) with its natural sugar (fructose) and fiber (skin) all in one package for good reason. Fabulous huh?

Resource for further learning: www.americanheart.org

Ways We Speed Up Aging - Number 5



Sleep Deprivation

Do you know the connection between the Exxon *Valdez* oil spill, the Three Mile Island nuclear meltdown, the Space Shuttle *Challenger* explosion and roughly 1500 highway deaths each year? What links these tragic incidents is that sleep deprivation was a likely culprit. That's how important it is to get regular, quality sleep.

Are you getting enough sleep? Dr. Sanjay Gupta in a CNN special on sleep suggested a sleep debt test. Sit quietly in a darkened room for 10 minutes. If you fall asleep, you're probably not getting enough healthy nightly sleep.

Lack of sleep can make you just as drowsy behind the wheel as someone who has had one too many. The [National Highway Transportation Safety Administration](#) website is packed with research on lack of sleep's effect on driving. Physiologically, the long-term negative effects of too little sleep are devastating making sleep deprivation one of the leading ways we speed up aging.

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Here are just a few of the possible side-effects of long-term poor sleep habits. Think Chernobyl.

- Increased Risk of Heart Disease
- Weakened Immune System
- Higher Blood Glucose Levels
- Higher Risk of Obesity
- Fatigue, Irritability & Poor Memory
- Hormonal Imbalances

As you can surmise, chronic lack of sleep is a serious health matter. It goes way beyond explaining why you crave carbohydrates (*Aha!*).

What's the take home message? Get enough sleep. According to the [National Sleep Foundation](#), most of us need between 7 and 9 hours nightly. You can get an idea of how much sleep you need by turning off your alarm clock (safely, of course!). Notice what time you wake up naturally. When it becomes a pattern and you feel energized upon waking, that's how much sleep you need. In the meantime, use our [Healthy Aging Checklist](#) and monitor your health status.

Just as night follows day, we need a balance of anabolic and catabolic activities in our lives. In layman's terms that means we have to make sure we swap adequate rest and relaxation with the day's wear and tear. Quality sleep repairs and replenishes our bodies. Sound sleep nourishes our skin, let's our brain organize new information and refreshes cells. It's an Aging Fabulously power move. They don't call it "beauty sleep" for nothing.

Resource for further learning: *Sleep: A Dr. Sanjay Gupta CNN Primetime Special* www.cnn.com/CNN/Programs/sleep

Ways We Speed Up Aging - Number 6

Sedentary Lifestyles

As a nation, we've become way too sedentary. And it's costing billions. We're paying more than in terms of actual dollars. We pay the real toll of a sedentary lifestyle in our worldwide competitiveness and our individual quality and quantity of life.

Over the years, our stress levels have increased in tandem with technological advancements and boosts in productivity. Thanks to our modern time-saving culture, we can now be reached anywhere -- even in the loo! Pile a heap of stress on top of a schedule with no time for exercise and you'll create one of the leading causes of premature aging: A sedentary lifestyle.



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The public health alarm has sounded loud and clear. MPH degrees are en vogue, personal trainers are the hottest job on the planet, the food industry is massively reconsidering popular product offerings, and governments, communities, schools and corporations are banding together to plan intervention strategies. There's a critical component for success beyond the societal changes though; the individual. For those of us who need to make health improvements, a commitment and willingness to put forth the individual effort is a necessary ingredient for our global success.

With today's science, we know that being physically active and getting regular exercise can help stave off practically every disease known to man. We know from research into healthy aging that, among other things, our metabolism will slow down, we'll lose lean muscle and bone mass and our hormones will drive us wacky. On the upside, we also know that regular physical activity has been shown to positively impact nearly every aspect of the aging process. Thus we can slow the biological clock and maximize the chance of living a long life disease-free.

Wherever you are right now on the physical health scale, set a personal goal to do your best to get healthy and stay that way. You can start by increasing your daily physical activity then move toward a personal exercise plan. Consider these ideas.

Physical Activity

If you're completely sedentary, getting physically active is easier than you think. The [US Guidelines for Physical Activity](#) call for just 30 cumulative minutes of moderately-intense activity most days of the week. Washing cars, vacuuming and raking leaves all count. After dinner walking is an activity. If you're able, you'll enjoy even greater health benefits from more vigorous activity for a longer period.

Personal Exercise Plan

The *American Council on Exercise* recommends these aspects for an effective fitness regime:

- Aerobic exercise
- Strength and endurance muscular conditioning
- Flexibility training

It's a fabulous time for aging because we now know ways to slow the process. We can strengthen our heart with aerobics, increase muscle mass and stave off the predictable bone loss with strength training, and build flexibility and mental stamina with mind/body disciplines like the time-tested practices of Yoga or Qigong that also increase balance.

Use our [Healthy Aging Checklist](#) and visit your medical adviser. Then figure out a plan that's right for you. Start from wherever you are even if you hate it. Research shows your mind and body will adjust in about 30 days maybe less. You may even come to enjoy exercise.

Experiment with various healthy motivators. Your brain likes that kind of stuff. Then grab your *iPod* and get your exercise groove on baby! Be a part of the nation's fitness solution.

Resource for further learning: Centers for Disease Control and Prevention www.cdc.gov

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Ways We Speed Up Aging - Number 7

Dieting: It Doesn't Help How We Age!

Brace yourself! Here's a shocker. Recently, a team of researchers at Johns Hopkins University predicted if American's issues with obesity continue at the present rate, by 2015 more than 75% of us will be either overweight (BMI above 24.9) or obese (BMI 30 or higher). Yikes!

If you're in the group likely to tilt the scale on the high side, it might seem intuitive to go on a diet. Think twice about it. Traditional dieting is one way many of us speed up aging especially in terms of the impact on our metabolism and our skin. We're especially referring to diets that focus on a single food group or that eliminate others entirely or ones that severely limit caloric intake in exchange for quick weight loss. When we're lured by the sexy appeal of torching the pounds quickly, say by Saturday night, we often sacrifice fat and muscle in the process. Research shows that nine of ten extreme dieters fail. Then they risk becoming a yo-yo (for real!) by returning to an even heavier weight than before. There are sure, healthy ways to trim your fabulous body and Aging Fabulously in the process.



Here's food for thought on safely taking off weight.

1. **Go slow.** The gradual approach is the safest way to lose weight. Aiming for 1 to 2 lbs per week is most often recommended. Depending on your present eating patterns, this could be accomplished by a few fabulous exchanges; swapping water for sugary beverages; switching from calorie-dense to nutrient-dense foods; and controlling portions. Packing your own lunch helps too.
2. **Do the math.** With a few medical exceptions, how much you weigh is essentially a matter under your control. It's the energy you take in as calories and the amount you burn as physical activity. A pound of body weight equals 3500 calories. If you trim just 500 calories a day, that'll slim you down by a safe pound every week. Think 50 pounds in 2008!
3. **Keep your metabolism stoked.** At midlife, we're already dealing with the challenges of a slowing metabolism. Extreme diets that limit calories to under 1,000 - 1,200 per day jeopardize our metabolic efficiency further. Our body's fat burning machine will think we're starving. It'll slow down to protect us. It actually needs fuel from calories to help it run optimally. Eat breakfast including 4 to 5 grams of fiber, spread your calories throughout the day and drink plenty of fresh water to help keep your cells well-nourished and efficient.
4. **Eat balanced meals.** Healthy aging dermatologist Dr. Nicholas Perricone (*The Wrinkle Cure*) argues that our skin thrives on a balance of nutrients. In his prescription for a

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nutritional facelift, he suggests lean protein, healthy fat and good carbs at every meal. Other nutritionists recommend protein and antioxidants every few hours to help support our skin's needs for nourishment as we age. Choose what's best for you. You can use old photos and the mirror to help gauge your nutritional progress.

5. **Sleep well.** The recommended 7 to 9 hours nightly snooze doesn't just nourish our skin and repair our mind and body from the day's stresses. Quality sleep helps us manage our weight by keeping our hormones balanced namely ghrelin and leptin; the pair that helps keep our weight in check. Studies in obesity have shown these two to be out of whack in people who are overweight.
6. **Build muscle.** A major downfall of losing weight too fast is that we throw out the baby with the bath water. We lose lean muscle as well as fat. That's not what you want to do. Your goal should be to lose just the fat and preserve even build lean muscle because it'll help your body burn fat more efficiently. A good trainer can get you started with a strength building plan that's motivating and suited to your fitness level and lifestyle.

What's the bottom line? Beware of extreme dieting. Practice safe weight loss. Consider your lifestyle and the commitment you're willing to make to improve your long-term health. Choose a weight management method you can love that'll also keep you on the path toward an Aging Fabulously Lifestyle.

Resource for further learning: [USFDA Guidelines for Healthy Weight Loss](http://www.cfsan.fda.gov/~dms/wh-wght.html) www.cfsan.fda.gov/~dms/wh-wght.html

Ways We Speed Up Aging - Number 8

Sugar A.G.E.S. Us

In part four of our *Ways We Speed Up Aging* series, our counselors described the relationship between high blood glucose levels and an Aging Fabulously Lifestyle. Have you been mindful of the impact from sugar on how well you're aging? Good. Let's drill down a bit further into how sugar accelerates the aging process. Think twice the next time you get a hankering for Ho-Hos.

If you roasted a turkey for Thanksgiving, you noticed how the skin looked different raw versus roasted. It's a great example of what happens to our skin during a natural process called glycation. It's how sugar in our bloodstream attaches to proteins. The reaction, scientists say, forms molecules called Advanced Glycosylation End products (A.G.E.S.). The pesky little buggers do considerable damage to our skin's collagen and elastin which post age 35 are already in a delicate declining state. Oye!



Science aside, here's what you should know. For most of us, the dietary guidelines recommend under 32 grams (about 8 tsp.) of sugar consumption daily. That's about a 12 ounce can of soda. How much does the average American consume daily? About 31 teaspoons. What's your level? The more sugar we consume, the more A.G.E.S. our bodies create.

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Since we control the amount of added sugar in our foods and beverages by our lifestyle choices, it would be wise to consider a few changes.

Sugar Busting & Skin Saving Lifestyle Tips

- Become aware of your sugar intake. Read food labels and smoke out sugar in all its disguises: Fruit juices, syrups and malts. Look for words that end in -ose and -ol (sugar alcohols).
- Totally eliminate a chief enemy of smooth skin: High Fructose Corn Syrup.
- Feed your skin plenty of water and a healthy diet of foods loaded with antioxidants. Pack on the anti-sun topically too.
- Don't bake in the sun. It's not cool anymore.

Yes, we'll get sugar naturally from healthy foods like whole grains and fresh fruit. But more damage to our skin comes in the form of Twinkies, soda and table sugar. And, yes, we are going to age. But we don't have to speed up the process. We're Aging Fabulously. How sweet!

Resource for further learning: [Oxford Journals- AGE and AGEing http://glycob.oxfordjournals.org/cgi/content/full/15/7/16R#SEC4](http://glycob.oxfordjournals.org/cgi/content/full/15/7/16R#SEC4)

Ways We Speed Up Aging - Number 9

Dehydration - Don't Get Thirsty!

Water is the forgotten nutrient. Its importance in our daily health plan cannot be overstated. According to [Oprah](#) advisers like Dr. Nicholas Perricone, without enough water, we could inadvertently speed up aging. Dehydration can create the conditions for inflammation which can age our skin prematurely and wreak havoc on our arteries. Not good!



Water is central to nearly every physiological function. Our blood, brain, and muscles are over 70% water. Every system within our body depends on it - digestion, temperature regulation, metabolism, even breathing. We miss out on many healthful benefits when we don't get enough of this multitasking nutrient.

Here's a few of the silent supporting roles played by your daily supply of H2O. Water...

- Flushes toxins from our cells keeping our skin clear and youthful
- Helps transport oxygen and nutrients through our bloodstream down to our tippy toes
- Assists with metabolizing stored fats which aids our efforts to lose weight

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- Boosts our energy levels helping us run faster and jump higher
- Helps us eat less by temporarily suppressing our appetite
- Even softens our poop so we can...well you figure it out!

Breathing, sweating and ordinary respiration all cause water loss. It's important to constantly replenish the supply. And don't wait until you're thirsty. That's too late. By then, your body has had to make internal adjustments - shifts in the workload sort of - to keep your system running. Without adequate water, your kidneys get sluggish and your liver will have to pick up the workload taking it away from its post. The liver's double guard duty means it'll be less effective at processing fats out of your fabulous body.

Organ tag team and other health conditions caused by chronic dehydration can get quite serious. The development of kidney stones and urinary tract infections can be traced to inadequately hydrating our body. Our heart suffers without enough water. It's forced to work harder pumping thicker blood through our system. This may explain why dehydration can feel like fatigue.

Be mindful. Make sure your healthy living plan includes enough of this powerful nutrient. Color is a fabulous way to tell if you're not getting enough. Peek at your urine (No one will know!). It should be closer to the color of pale lemonade than dark apple juice. Clear, pale urine at midday is a good indicator that your body is well-hydrated.

How much intake will get you there? It depends on several factors; your health status, lifestyle, and environment for starters. Medical experts at www.preventdisease.com recommend swigging at least eight 8 oz. glasses daily which has been the gold standard for years. Another easy way to determine your individual needs is by the scale. Consider drinking one half your body weight every day.

We believe all liquids are not created equal. There is a difference of opinion on this. We don't recommend counting caffeinated liquids and other diuretics in your intake plan. They leach water from your system. Food has water content too (about 20% in fruits and veggies). But be safe. Count only pure, fresh water as part of your daily intake.

As we get older, our ability to detect thirst is less reliable. With a healthy intake plan, chances are good you'll keep a fresh face and a fresh perspective on life by drinking plenty of fresh water. Have you had your fill today?

Resource for further learning: www.mayoclinic.com

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Ways We Speed Up Aging - Number 10

Not Managing our Health Numbers

Here we are at the end of our list of ten ways we speed up the aging process. If you missed the first nine, check our archives and get knowledgeable about how you can better manage your health going forward in life.

Our tenth way of hastening the biological clock is... (drum roll)...not knowing your important health numbers. It's anti-Aging Fabulously. When you're in the dark about your health in this way, you are not taking advantage of today's science, especially the advances in healthy aging. Many diseases have stealthy causes, like chronic high blood pressure. Other major agers like metabolic syndrome can be guarded against by monitoring groups of health indicators (blood pressure, waist circumference, cholesterol, triglycerides and blood glucose levels).



As soon as you can, get tested and become intimately familiar with the indicators considered key biomarkers of good health by the medical community. Use our [Healthy Aging Checklist](#) and write them down during your medical appointment.

Here's where the real science begins. These health numbers will inform your daily choices. If your intention is to live a long life possibly disease free, you can learn to make lifestyle choices that have the best chance of getting you there. It's easier than you think!

When you own your choices and manage your health numbers, you stand to gain in quality of life. Less fretting over health matters means you can go to the beach more or relax and read a book. Or, both.

If you're not knowledgeable about your health numbers, why not? Take it from us; it's empowering to be in charge of you.

An ounce of prevention is worth a pound of cure!

Benjamin Franklin

Resource for further learning: [It's Never Too Late to Live Healthily www.medicinenet.com](http://www.medicinenet.com)

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Notices

The information in this newsletter is intended strictly for your motivation. It is not intended to serve as medical advice for any general or specific health condition. You are strongly encouraged to consult your medical adviser(s) before making dietary changes or beginning any physical or mental lifestyle change programs.

All links and websites were operational at the time of our eNewsletter printing.

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Healthy Aging Checklist

Your Name: _____ Age: _____ Exam Date & Time: _____

Your Healthy Goal Date: _____

Your Measurements	Importance to Good Health	Today's Calculations	Your Goals!
Height	Measure how tall you are in feet and inches.		
Weight	Using a standard scale, list your early morning weight.		
Chest/Bust	Measure the widest area of your chest.		
Waist	Measure the circumference of your midsection around your belly button.		
Hips	Measure the widest area of your hips.		
Other:			
Other:			
General Health Measure			
	Importance to Good Health		
Body Mass Index (BMI)	<p>BMI is your weight in kilograms divided by your height in meters squared.</p> <p>(BMI=kg/m²).</p> <p>It's generally used to help determine an ideal weight for your frame.</p> <p>www.health.nih.gov</p> <p>This is a simple calculation:</p> <ol style="list-style-type: none"> 1. Multiply your weight in pounds by 703. 2. Multiply your height in inches by itself. 3. Divide the first number by the second. 	BMI: _____	BMI: _____
Basal Metabolic Rate (BMR)	<p>Your BMR is how much minimum energy your body requires for basic life functions. The result is a general estimate of the number of calories your body burns while at rest. Here's an easy calculation:</p> <p>www.bmi-calculator.net/bmr-calculator</p> <p>BMR = 655 + (4.35 x weight) + (4.7 x height in inches) – (4.7 x age)</p>	BMR: _____	BMR: _____
Waist Circumference	Your medical advisor can use your waist circumference as an independent measure of health.	Waist: _____ inches	Waist: _____ inches

<p>Waist-to-Hip Ratio</p> <p>http://www.bmi-calculator.net/waist-to-hip-ratio-calculator or www.mayoclinic.com</p>	<p>The waist-to-hip ratio helps determine how your body fat is distributed. To calculate, divide your waist measurement in inches by your hip measurement in inches.</p> <p>Are you an apple (ratio > 1) or a pear shape (ratio < 1)?</p>	<p>Ratio: _____</p>	<p>Ratio: _____</p>
<p>Blood Pressure (BP)</p> <p>www.americanheart.org</p>	<p>As the name implies, this is a measure of the amount of pressure the blood places on your arteries as it passes through. It is measured when the heart beats (called the systolic pressure) and when the heart is at rest (the diastolic pressure).</p> <p>Blood Pressure = $\frac{\text{Systolic Pressure}}{\text{Diastolic Pressure}}$</p> <p>Blood pressure is measured in millimeters of mercury.</p>	<p>BP: _____ / _____</p>	<p>BP: _____ / _____</p>
<p>Cholesterol Levels</p> <p>www.americanheart.org</p>	<p>Cholesterol is a natural and necessary substance in our bodies. It is manufactured by our cells. There are two main types of cholesterol. Too much of the wrong type has been linked to health problems.</p> <p>Total Cholesterol = LDL + HDL Levels</p> <p>LDL = Low Density Lipoprotein (Lousy Cholesterol)</p> <p>HDL = High Density Lipoprotein (Healthy Cholesterol)</p> <p>Cholesterol is not a dietary necessity as it is synthesized by the body.</p> <p>Triglycerides are a type blood fat. Your triglycerides level can be measured at the same time as your blood cholesterol level.</p> <p>Cholesterol and triglycerides are measured in milligrams per deciliter of blood (mg/dL).</p>	<p>Total: _____</p> <p>LDL: _____</p> <p>HDL: _____</p> <p>Triglycerides: _____</p>	<p>Total: _____</p> <p>LDL: _____</p> <p>HDL: _____</p> <p>Triglycerides: _____</p>

<p>Blood Glucose Level</p> <p>www.diabetes.org</p>	<p>This measurement is more commonly called the blood sugar level. It is a helpful determinant for the possibility of too much sugar in the bloodstream.</p> <p>Your blood sugar is measured in milligrams per deciliter of blood.</p>	<p>Blood Glucose Level:</p> <p>_____</p>	<p>Blood Glucose Level:</p> <p>_____</p>
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Where are you presently in terms of these standard measures of health? It's important for you to know. The measures of health listed here are of a general nature. Beyond these measurements, you could go deeper into understanding your health status by including more specific tests. Your medical advisor can recommend other tests based on your particular lifestyle, gender and age by including several of the following medical tests.

Other Health Tests

Special/Age-Related Tests:

- **Colonoscopy** – A check for colon health
- **Mammogram** – A screening for healthy breast tissue
- **Prostate Exam** – A screening to check the health of the prostate gland
- **Bone Mineral Density** – A check for bone health

Additional Tests:

- **Body Temperature Regulation** – A measure of your body's ability to regulate its internal temperature
- **Fitness Level** – A measure of the endurance of your heart and lungs
- **Muscle Mass** – A test for lean muscle tissue
- **Strength Of Muscles** – A endurance test for muscular strength
- **Glucose Test** – A measure of the body's ability to utilize sugar
- **pH Balance** – A measure of your body's acid / alkaline balance
- **Sex Hormone Levels** – A way to understand our sexual interest
- **Hearing** – A measure of hearing ability
- **Vision** – A measure of sight and vision distance
- **Immune Function** – A measure of your body's ability to fight off disease
- **Total Body Composition** – A measure of muscle mass and fatty tissue
- **Homocysteine Level** – Homocysteine is an amino acid. Higher than normal levels can be harmful including potentially weakening bones and damaging our brains.
- **C - reactive protein Level** – A biological marker of inflammation which is linked to increased risk of chronic disease.

Check out these web resources. Visit www.mayoclinic.com, www.webmd.com, www.preventdisease.com, and www.cdc.gov. They're excellent sites to learn more about these medical tests and others you may have specific questions about. First do your own personal investigation. Then follow up with your medical advisor. That's today's way of managing your health. *You are Aging Fabulously!™*

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