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Mind, Body, and Spirit Tips on How to Embrace Aging

Getting older is a gift, not a guarantee. With it, comes many wonderful transformations including, growing wisdom, mental acuity, emotional maturity, inner contentment, and the ability to reflect on a life well lived.

Yet despite all those good things, there are still many stigmas around aging in our culture. When we are young, we can't wait to become teenagers, then we eagerly want to be adults.

Turning 30, 40, and 50 are significant milestones. But beyond that, we may begin to feel the impact of time in our bodies, and the reality of aging starts shifting our attitude and mindset.

The fact is though, we don't have to sit back and let aging happen to us as passive observers. We can choose to be active participants in the process. Aging well means taking care of both our body and our mind. By taking proactive steps to keep ourselves physically and mentally active, we can make getting older easier.

Have you heard it said that 60 is the new 50, and 70 is the new 60? That's because overall, there is more awareness about living a healthy lifestyle, a greater understanding of the mind/body connection and, in general, we are living longer.

Maintaining proper nutrition, exercise, and mindset are important throughout our lives, and will be especially beneficial for experiencing more fulfilling lives during our older years. Making smart choices along the way is key.

The food we eat, how we exercise, our friendships, and later-in-life goals, all have an impact on how fast or slow our body ages. Of course, genetics also play a role.

Remember, it is never too late to start.

Our mental state impacts our health as much as our health impacts our mental state.

Aging is inevitable. Yes, our bodies will change over time as will our appearance. That is simply a part of life. Denial and resistance won't change that fact. However, when we

alter the narrative and embrace the process with a positive outlook, it can improve our overall health and longevity.

With the right care, we get better with age. Aging gracefully is not about covering up the wrinkles from our years, it is more importantly about being as healthy and happy as possible.

Look at getting older as a gift, not a burden. Instead of buying into an anti-aging mentality, embrace aging. It can help us live longer with better physical and mental health.

Do things that bring you joy, surround yourself with people you love, and maintain a healthy lifestyle.

The [Atlanta Journal-Constitution](#) reported that healthy aging is important because, according to Orb Media, by 2050 nearly one out of six people in the world will be over 65, and close to half a billion will be older than 80.

Becca Levy, a professor of epidemiology at the Yale School of Public Health has been researching attitudes on aging for more than two decades. One study revealed that Americans with more positive views on aging who were tracked over decades lived 7.5 years longer than those with negative views.

She attributed this to stress levels. The negative impact of chronic stress on our health has become much more well documented through studies. Stress not only can age our brain, but also change our body on a cellular level and accelerate the aging process.

Back in 1978, Ellen Langer, a Harvard psychologist conducted a pivotal study. As reported in [Inc. magazine](#), she gave houseplants to two groups of nursing home residents. One group was told they were responsible for keeping their plant alive and that they had autonomy in their daily schedule. The other group was told the staff would care for their plant, and they were not given choices regarding their daily schedule.

Eighteen months later, twice as many people in the group given responsibility for the plant and their schedule were still alive versus the number in the other group.

The impact of our thinking on our body and health is very real.

Here are tips on ways to support your body both inside and out to support healthy aging, compiled, in part from [Healthline](#), [TED: This Week in Ideas](#), and [Sutter Health](#)

STAY HYDRATED

Drink plenty of water. It keeps our body hydrated and helps the skin maintain its elasticity, which reduces signs of aging. It also keeps us regular, improves brain function, and energy levels.

FEED YOUR BODY WITH GOOD NUTRITION

Whatever age you are, starting a good nutrition regime will help prevent chronic disease. It's never too late to make improvements to support healthy aging. Healthy foods include:

- Fruits and vegetables
- Lean protein (fish and beans)
- Whole grain grains
- Low-fat or fat-free dairy that is fortified with vitamin D
- Healthy fats

Avoid processed foods, refined sugars, and unhealthy fats. Keep salt intake to a minimum.

EXERCISE AND STAY ACTIVE

[Studies](#) show that a sedentary life and lack of movement is linked to an increased risk of chronic illness. Regular exercise significantly lowers the risk of disease and helps us retain our mobility longer. Exercise also lowers stress and improves sleep, skin and bone health, and mood.

REDUCE STRESS

Also, now well-documented is the negative impact stress has on our body including a higher risk of heart disease. According to [The New York Times](#), exercising also appears to slow and even reverse the effects of aging on our skin.

There are many ways to relieve stress including:

- Yoga
- Meditation
- Exercise
- Breathing exercises and other relaxation techniques
- Dancing

- Immerse yourself in a hobby you love
- Getting enough good quality sleep
- Talking with a friend or family

QUIT SMOKING AND DECREASE ALCOHOL CONSUMPTION

Smoking and alcohol have both been shown to cause premature aging and increase the risk of disease. Speak with your doctor on how to best quit smoking.

For alcohol, the [Center for Disease Control](#) recommends no more than one drink per day for women and two drinks per day for men.

LAUGH

Laugh often, at funny movies, read humorous stories, tell jokes, and be able to laugh at yourself. Even during challenging times, remember to take joy seriously and take yourself lightly.

STAY CURIOUS

Socialize with younger people as much as possible and remember that you are never too old to learn something new.

PRACTICE MINDFULNESS

Mindfulness is about acceptance and living in the moment by focusing on the present, not worrying about the past or the future. Practicing mindfulness can be done through meditation, yoga, tai chi, coloring,

There are many [proven health benefits](#) to practicing mindfulness that can be beneficial to aging better including:

- Improved focus
- Better memory
- Lower stress
- Improved emotional reactivity
- Increased immune system functioning
- Improved relationships

HAVE AN ATTITUDE OF GRATITUDE

According to [Harvard Health](#), positive psychology research has shown that gratitude is strongly and consistently associated with greater happiness.

Additional benefits of practicing gratitude include:

- Boosts immune system and improves overall health
- Improves mental health
- Increases optimism
- Handle challenges better
- Build stronger relationships

SUPPLEMENTATION

Proper supplementation is always important. Try **mend™ Regenerate** daily for healthy aging. This clinically proven, effective complex blend of 33 nature-powered nutrients puts back into your body what life takes out, heals everyday wear and tear, and supports gut health.

For skin health, **mend™ Cosmetic** looks after your skin from the inside out. The nature-powered skin-healing formula is filled with nutrients to support collagen production to keep your skin looking its best.

SUMMARY

This is not in any way to minimize that getting older can be challenging and cause us to worry. Talk about your concerns with a trusted friend or medical provider. There are tremendous resources and information at our fingertips. We don't have to navigate this alone.