Healthy Aging Checklist

What to do now so you feel your best later.



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REINVENT AGING

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Prioritize Sleep

Hydrate, Hydrate, Hydrate

Move Your Body

Nourish Your Skin

Prioritize Self-Care



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5 Habits to Age Gracefully

Ladies, let's face it: the clock only moves one direction.

And with this forward momentum, we’re all getting a little older, every day. But that doesn't mean we have to age prematurely!

In fact, there are some simple lifestyle habits we can adopt now in order to slow down the aging process naturally.

And we're not talking about expensive creams or surgeries - rather, easy-to-implement daily habits that can make a significant difference in the long run.

So without further ado, let's review five key lifestyle habits that women absolutely need to adopt in order to slow down aging naturally.





prioritize sleep

We all know how important sleep is, and yet somehow so many of us sacrifice it for other things. But did you know that lack of sleep can speed up the aging process? Getting enough quality sleep is crucial for the body to repair and regenerate itself.

So make sure you're getting at least 7-8 hours of uninterrupted sleep each night. Here are three tips for sleeping better:

1. **Establish a Consistent Sleep Schedule:** Our bodies crave routine, so it's important to establish a consistent sleep schedule. This will help regulate your body's internal clock and improve the quality of your sleep.

2. **Create a Relaxing Bedtime Routine:** This can help signal to your body that it's time to wind down and get ready for sleep. Avoid screens and blue light exposure from electronics 1-2 hours leading up to bedtime as these can interfere with melatonin production, the hormone that helps regulate sleep.

3. **Optimize Your Sleep Environment:** Your environment can play a big role in the quality of your sleep. Keep your bedroom cool, dark, and quiet to create a peaceful sleep oasis.



hydrate, hydrate, hydrate

Drinking enough water is essential for our bodies to function properly. In fact studies show that women who are well hydrated (meaning they consume ~2.7 liters of fluids daily) tend to develop fewer chronic conditions and live longer than those who aren't.

Hydration helps flush out toxins, keeps our skin hydrated and plump, and even aids in digestion. Aim to drink at least 8-10 glasses of water a day. Here are our three tips for hydrating more effectively:

1. **Keep a Water Bottle with You:** This might seem obvious, but keeping a water bottle with you at all times is a game-changer. Not only will it remind you to drink water throughout the day, but it's also an easy way to keep track of how much water you've had.

2. **Eat Hydrating Foods:** Did you know that some foods are naturally hydrating? It's true! Foods like watermelon, cucumber, and celery are all high in water content and can help you stay hydrated.

3. **Make Water More Interesting:** If you struggle to drink plain water, don't worry - there are ways to make it more interesting! Try adding fresh fruit, like lemon or berries, to your water for a delicious flavor boost. You can also incorporate other hydrating beverages like herbal tea or coconut water.



move your body

Exercise not only helps keep our bodies in shape, but it also helps slow down the aging process. Regular exercise improves circulation, boosts energy levels, and reduces stress. Researchers found that women who exercise 150–300 minutes per week doing a moderate-intensity activity, or 75–150 minutes per week of vigorous-intensity activity—reduced their risk of early death by as much as 21%.

You don't have to do intense workouts every day, even 20 minutes of brisk walking or yoga can make a big difference. Find an activity that you enjoy and make it a part of your daily routine. Here are a few tips for getting in more movement:

1. **Sneak in Exercise Throughout the Day**: Little bursts of activity throughout the day to add up to 10-20 minutes. Take the stairs instead of the elevator, do a quick set of squats or lunges during commercial breaks, or take a brisk walk around the block on your lunch break.

2. **Find Activities You Enjoy:** Exercise doesn't have to be a chore. If you find an activity you enjoy, you'll be more likely to stick with it. And don't be afraid to switch it up every once in a while to keep things interesting.

3. **Make it a Habit:** The key to getting regular exercise is to make it a habit. Try to set aside the same time every day for physical activity, whether it's first thing in the morning or before dinner.



nourish your skin

Our skin is the largest organ in our body and requires proper care to stay healthy and youthful-looking. And it’s not just superficial - healthy skin is important to healthy aging. Damaged skin cells can release inflammatory compounds that negatively impact the entire body.

Make sure you're using sunscreen every day, even when it's cloudy outside, to protect your skin from harmful UV rays. Incorporate skin renewing products like retinol or vitamin C to help reduce the appearance of fine lines and wrinkles. And don't forget to eat a balanced diet rich in antioxidants, which help protect your skin from free radicals that can cause premature aging.

The three most basic steps to a simple, effective skincare routine are:

1. **Cleanse**: The first step to any good skincare routine is to cleanse.

2. **Moisturize:** Keeping your skin hydrated is crucial for maintaining a healthy, youthful glow.

3. **Protect:** The final step in your skincare routine should be to protect your skin from the sun's harmful rays. Look for a moisturizer or sunscreen with SPF 30 or higher, and apply it every day, even if it's cloudy outside.



prioritize self-care

Last but not least, don't forget to prioritize self-care. Living with chronic stress may shorten your life expectancy by 2.8 years. Taking care of your mental health is just as important as taking care of your physical health, so make time for yourself each day, even if it's just a few minutes, to do something that brings you peace.

Here are three ways to practice daily self care:

1. **Breathe:** It may sound simple, but taking a few deep breaths can work wonders for managing stress. Inhale for five seconds, hold for five seconds, and exhale for five seconds. This will help slow down your heart rate and calm your mind.

2. **Move:** Another plug for moving your body. Exercise isn't just good for your physical health - it's also great for managing stress. Find a physical activity you enjoy and make it a part of your daily routine.

3. **Pamper:** Taking a few minutes each day to pamper yourself can be incredibly effective in managing stress. Whether it's taking a bubble bath, applying a face mask, or simply lighting a scented candle, find something that makes you feel relaxed and pampered.

Incorporating these five key lifestyle habits into your daily routine can help slow down the aging process naturally. Remember, aging is a natural part of life, but that doesn't mean we can't age gracefully.

We also know that making these kinds of lifestyle changes can feel challenging - but studies show that having support and guidance can make all the difference in achieving long-term success. Audre is a perfect solution for women who want to age gracefully by adopting healthy lifestyle habits.

Audre offers personalized support and guidance through its online platform, which includes access to expert coaches, nutritionists, and fitness instructors. With Audre, you can receive the guidance you need to make sustainable lifestyle changes that will have you thriving for decades to come.

By working with a community of like-minded individuals, you can stay motivated and encouraged as you adopt new habits to help you as age gracefully as possible. So let's take care of ourselves, inside and out, and embrace the aging process with open arms (and a youthful glow).

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