

MENTALLY Wired To Last

How Your Attitude To Getting Older
Can Add Years To Your Life



By Carolyn Hansen

About Carolyn Hansen

Carolyn Hansen is a noted Holistic Health and Wellness Coach who hails from Whangarei, New Zealand where she owns an Anytime Fitness Gym. She has gained a reputation online as an authority on health, exercise and weight loss matters and is the author of several thousand health and fitness articles along with eBooks and programs that can be found [here](#).

She has devoted more than three decades to the fitness industry, both offline and online, teaching people the simple secrets to getting into better shape, losing weight, and improving health.

Her main goal is to change the paradigm of health care from sickness care to wellness care and will be showing people how to live longer, healthier lives while avoiding the many mistaken beliefs and practices that diminish health and longevity.

She will encourage you to become stronger and stay that way through each decade of your life, maintain your health, wellness and vitality and to ensure your “health span” matches your “life span”.



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Introduction

There comes a time when we find it a little harder to celebrate the years that we have lived. We look at the calendar begrudgingly as every day we realize that our face does not look the same as it did 10 or 20 years ago, and the days as a young adult are officially over.

But getting older is not something that we should be wishing away, it's a process that we should be eager to experience! So why is it that so many of us aren't jumping up and down once we have hit a milestone birthday, or lie about our age when asked how old we are?

Aging is frightening for many. We fear growing too feeble to do what we want. We worry we might someday lose our minds and forget those we love. We lie awake at night, listening to the clock tick by, wondering if once our youth is gone, we will become invisible - inconsequential.

In large part, our modern society is to blame. Old age is rarely celebrated. Campaigns about the advantages of aging barely receive attention, whereas the anti-aging industry is estimated to be worth about 58.5 billion U.S. dollars.

Studies have shown that stereotypes about seniors are not very kind. They are viewed as slower, potentially senile, and less attractive than their younger counterparts. These stereotypes can be largely attributed to the media that surrounds us every day.

Seniors are consistently under-represented in TV and film, which gives off the impression that their lives and their stories are not relatable or worth being the main topic of conversation. We are constantly bombarded with ads and media telling us that the only way to be attractive is to be young - that if you want to be of value to society, then you need to hold onto your youth for as long as you possibly can.

This pressure is especially strong for women, since make-up and cosmetic brands are at the heart of these messages. None of us can turn back the hands of time, no matter how much money we have to spend on the youth serums being marketed to us, or how much we are being told that we need to.

Maintaining a positive perception of aging is challenging for some people due to the prevalence of ageism in our society. Over and over, we are fed a toxic message: Young is good; old is bad.

Aging tends to be seen as a negative. Youth, beauty and productivity are admired and grey hair and wrinkles are bad and once we get them we will become sick and frail, and be a burden on society.



Common stereotypes depict older age as a time of poor health and functioning or a regression back to childhood. People subjected to negative stereotyping may adopt the negative views and act accordingly with detrimental effects to their self-image, confidence and abilities.

And as for that old worn out phrase “growing old gracefully”, I think about how growing old gracefully really means either disappearing or sticking around but always lying straight to people’s faces about the strength of your feelings and desires.

“Aging gracefully” entails walking a tightrope between a youth-obsessed society, which tells us that our value declines as we age, and a culture that says nothing is as uncool as desperation, the fervent desire for something we can’t have.

Marketers stoke our desire for youthfulness as the ticket to remaining relevant, then shame us when our efforts to preserve that youth go awry. So the person who ages without thought to their appearance is written off as “having given up,” and the one whose face remains 35 forever thanks to the surgeon’s knife is considered a joke. And the only way to be deemed acceptable is to have lucky genes or to conceal your battles against time underneath a practiced smile.

Rather than continue to walk this exhausting tightrope, we can move beyond this damaging mindset to actually enjoy and celebrate getting older. What if instead of seeing aging as something to defeat and conquer, we were to embrace what gets better with age, and work to amplify these joys while mitigating the losses of youth?

I'm not suggesting we paper over the very real challenges to our physical and mental health that come with aging. But can we view these challenges without judgment or shame, and instead look for joyful ways to navigate them?

Hopefully, I can help you rethink what aging means for you. regardless of how many candles you have on your birthday cake now - that both young and old are good, and the fear of aging is often mistaken.

Just being alive means growing older, so yes, we have all been aging since we were born. But at a certain point, the notion of what life will be like in the second half or the last third of life starts to feel more real, and then you start to reflect more on what your current choices mean for that future you.

I look back and wonder what my work-hard-play-hard 20s and 30s mean for me now. Could I have had a healthier body today if I had been kinder to it when I was younger? And could being gentler now give me more joy and freedom in the future?

Examining our personal views on aging, as well as the messages we are getting around us, is important. With our society so obsessed with the beauty of youth and with finding ways to cheat nature and look "good for our age" it is no wonder that we feel we need to make the best of ourselves.

Would we be better people if we looked younger? Would we be kinder to each other and would the little problems in our lives sort themselves out? Probably not! But there is no doubt that when it comes to boosting a fragile sense of self-esteem, if you think you look good, then you feel better about yourself and more confident, too, which can't be a bad thing.

The prevalence of ageism means that stereotypes about aging are acquired decades before a person becomes old and are therefore rarely questioned and are so ingrained in our culture that we often don't even notice. But if we accept them as the truth, we risk becoming what society tells us we will – frail, dependent, cranky and out of touch and that growing older is generally something to be feared.

When primed with such negativity, you can be likely to conform to such stereotypes and live up to those low expectations, thus performing at lower functioning levels in a declining fashion for the last decades of our life.

While the reality of our biology means that aging is inevitable, aging doesn't need to be a negative experience. Having a positive outlook, living the type of lifestyle that will make the most of yourself will help you age well. As with any age, older people who are more resilient and can cope better with stressful events, uncertainty and hardships seem to fare better.

As one gets older there are changes such as retirement or the death of a spouse may bring on an unfavourable attitude towards life. Depression may set in and quality of life, health and longevity suffer as a result. Even without depression, a lack of zest for life will have a negative impact on the future.

If we are lucky, we will get old and it isn't so terrible - when you consider the alternative. However, it's not a given and it's a privilege denied to many.

But, if we accept more years in our lifespan and if we are smart, we can affect the shape of that experience and reimagine healthier relationships with our older selves and ensure a great quality of life.

Research is showing a positive attitude to aging can add another decade or more to your life that the more positive we are about getting older, the greater the will to live, which contributes to a longer, more fulfilling life.

It is widely accepted that a healthy diet, exercise and regularly challenging your brain can decrease the odds for developing dementia. A growing body of research also shows that the way we think about aging is just as important.

A positive societal change in attitude toward aging will affect both today's and tomorrow's seniors for the better. But while we wait for that change, we need to personally take responsibility for our own welfare. When armed with a sense of happiness and purpose, reinforced by a positive attitude, older adults are more likely to suppress negative thoughts and stereotypes and carry on as competent, productive members of society, regardless of age or ability.

Everyone has a bad day, but in general, a positive attitude and happy outlook can help pull you through life's challenges. Having an upbeat and proactive outlook on life over time can also contribute to better health and optimal aging, including longevity.

We can embrace our age while striving to exercise, eat, and keep our appearance young. I like to think that you are never old until you stop finding joy in life.

I notice when one of my personal training gym clients has an especially bad day they say something like, "I need this to be done. This is no life." Then a few days later, they are up, smiling, laughing, and participating in life again. So perhaps finding and experiencing joy in life is what makes us feel alive and young.

However, there are also people who are relatively young in age but old in health, their attitude of finding joy in life makes all the difference in the way they live their lives. If you have had an illness or accident that made you a little older, you can make up for it in attitude.

It is easy to take what life hands you, hunker down, and sulk, making your life and everyone else's life miserable. But there is no doubt about it, attitude affects our health, quality of life and longevity as people who are upbeat and sunny also appear to be healthy and actively engaged in many good positive things. In general, the better the attitude the better the health and the longer the life.

While getting older does bring some unwelcome physical and cognitive changes, it also brings a self-confidence that most young adults can only dream of. Your mind is less consumed by what others are thinking and is better able to focus on your own thoughts and feelings, which makes it easier to take better care of yourself.

While it's nice to know that life gets a little sweeter as you get older, it's important to note that this doesn't come without some effort. If you want to have the confidence later in life, then you have to spend some time learning who you are, finding out what you love about yourself, and taking care of your physical, mental and emotional health.

So, although we have work to do to rid our society of ageist attitudes, as individuals we should try not to think too much about the downsides of aging – focus on the good things, proper exercise, eating well, quality sleep, and learning new things. Your more positive attitude will not just add more years to your life but just as importantly, life to your years!



If you had a relatively simple way to extend the length (and quality) of your life, would you be interested? I'm confident you are as why would you want to be besieged by the unhealthy physical deterioration often observed in older people when aging holds the opportunity for the most physically satisfying and productive years.

If so please read on as we explore the options...

Chapter One

Attitude Impacts Everything About Aging

The connection between the mind and body is extremely strong, so an overall positive attitude - including an upbeat outlook on life - can affect overall happiness, health, and well-being. Similar to good health practices such as eating well and getting plenty of exercise, a positive attitude should be a habit that starts early in life.

A positive attitude can impact mental health and physical functioning, including the ability to fight disease and infection. Attitude can also affect relationships, social networks, and help make success in life more likely.

The bottom line: being more positive across the lifespan causes less stress and enables people to live healthier, happy lives.



Attitude affects:

How successful you are in achieving your academic, work, and personal goals.

How you feel and look physically, mentally and emotionally.

What you do and say.

People with positive perceptions of aging:

Experience much higher rates of recovery from illness and injury.

Have better brain performance and improved memory.

Have a greater sense of control over their lives and a greater will to live.

Do you have a positive attitude?

Are you optimistic, easy going, or extroverted?

Are you willing to learn, no matter how difficult it is?

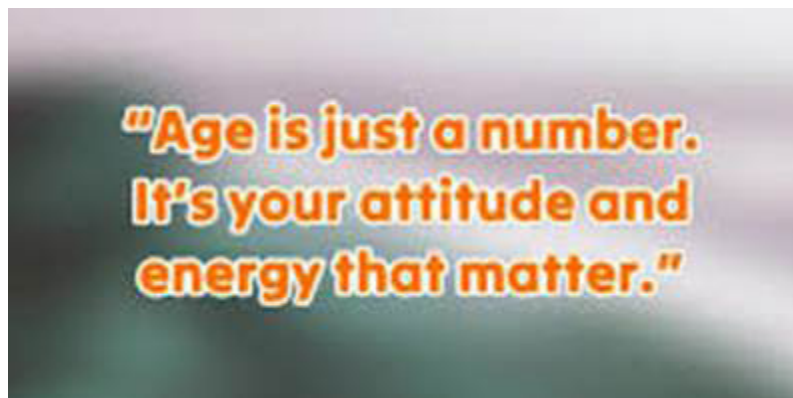
Do you laugh a lot or have a sense of humour by not taking yourself too seriously?

Do you express emotions rather than bottle them up?

Do you do your best when studying or working and try to improve how you do your work?

Do you demonstrate enthusiasm in whatever you say and do?

Do you welcome challenges, experiments or try new ideas?



Being able to accept and adapt to change plays an important role in having a positive attitude, especially as life is filled with ups and downs. A positive attitude allows you to meet such challenges - both the good and bad - with less resistance. In this position, you are much more open to learning from mistakes, researching what you want, or seeing the possibility of new or better opportunities.

When you approach change with rigid thoughts or feelings of apprehension, strain and stress are more likely to result, leaving you overwhelmed and more susceptible to a sense of failure and even depression.

Maintaining a Positive Attitude Towards Aging

Some people seem naturally inclined to look at the positive side of life: finding bright spots on cloudy days and regaining their equilibrium quickly when life challenges come their way. While it may not come as naturally for everyone, there are good reasons to develop skills and establish habits that help you find and keep a positive attitude about life.

Human life expectancy has grown by more than 20 years since the 1950s, which means that there are more 80 and 90-year-olds than ever before. With a long life ahead of us, how do we make it a good one?

It might be hard to imagine, but your thoughts, feelings, beliefs, grief, joy, sadness, love, and anger are all transmuted into biological signals that change your gene expression, impacting your immune function, hormones, microbiome, neurotransmitters, neuroplasticity, mitochondria, and more.

Numerous studies link positive emotions with better health, longer life, and greater well-being. In contrast, chronic anger, worry, and hostility increase the risk of developing heart disease and cancer along with a host of other diseases.

Getting your mind and mindset right has profound health benefits. Study after study has shown, for example, how repressed anger can predict who gets cancer and other diseases. If your emotions are inflamed, so is your biology.

A growing number of studies find that those who think positively have a lower risk of dying of all causes than others in their age group with a more pessimistic outlook on life. Older adults with negative attitudes towards aging had slower walking speed and worse cognitive abilities compared to older adults with more positive attitudes towards aging.

Aging is a fact of life, and there is no way to bypass the more challenging aspects of aging, whether physical challenges or emotional upheaval. But maintaining a positive attitude can help you savour the wisdom gained from the years, nurture old relationships, develop new friendships, and value the years in front of you.

Since we cannot bypass getting older, it's time to focus on how we do it. There are a variety of ways to create a positive attitude that will appeal to various personalities and abilities. Surveys have found that developing these habits and mindsets helps people become more satisfied with their lives as they age because they tend to minimize the negatives, accept their limitations, and set reasonable goals for the future.



Invest in Yourself

Aging does not devalue a person. Take the time and energy to take care of yourself. Getting yourself moving and getting fit and strong, eating for pleasure and for health, developing good sleep habits, drinking your water and so on. All of these daily steps communicate that you are valuable, which translates into positivity for yourself and those around you.

Chapter Two

The Wellness Revolution

Living longer, but in misery, doesn't sound pleasant. Many people can expect to live into their 80s, 90s and beyond, but what will their quality of life be? If we are going to live longer, the last thing we want is to have our physical body letting us down in our last 30 years.

Today is the ideal time to ask "What behaviour can I change today to improve my future wellness? Because wellness is about many factors, not just exercise and eating. It's also about changing mindset, attitude and behaviour.

Having a positive attitude toward aging is key. But what does that mean?

Many elements contribute to helping you live your best life. Maintaining good physical health (strength and fitness), working out your brain, eating a nutritious diet, getting a good night's sleep and managing your stress are just a few.

Why is self-care so important?

Self-care means taking the time to do things that help you live well and improve your physical, mental and emotional health. It is this self-care that will help you manage stress, lower your risk of illness, and increase your energy.

Other research has discovered the following additional benefits for how your attitude can affect your health:

1. Being optimistic will make you more resilient to illness and so encourage you to be proactive about taking care of your health.
2. Your experiences can lead to greater insight, allowing you to create and live a more meaningful life.
3. Research has also linked having a positive attitude with possible delays in cognitive decline.

Can you improve your attitude?

The answer is yes. But like most self-improvement tasks, it takes education and practice. You also need to consistently reject negative stereotypes about aging, such as the idea that poor physical health is inevitable for older adults.

Being around others and having meaningful relationships can help develop a positive outlook. Your self-perceptions also play a role. In studies, people who believed their memory would be negatively affected as they grew older often performed at a lower level than those who didn't share that belief.

Being exposed to positive images of aging might provide a boost to developing a better attitude. Instead of seeing certain conditions such as physical and mental decline, depression and anxiety as a natural part of aging, those who viewed them as health conditions that can be treated experienced a more positive outlook on life.

If you want to improve your outlook and your ability to age well, you may also want to consider what has been learned from people who live in the Blue Zones. These are areas around the world where people live extraordinarily longer than anywhere else.

Their lifestyles include the following that may explain what is adding to their years:

Moving is a part of everyday life.

They have found their purpose in life.

They have learned how to manage their stress.

They control their weight and stop eating before they are full.

They also control their serving sizes and eat less red meat.

Except for one zone who abstained, residents drank wine daily in moderation.

They prioritize family and often live multi-generationally in the same home.

Their social circles help support them to choose healthy behaviours.

How you view aging can make a difference. If you have a less than optimistic view about growing older, these positive discoveries may help:

Older adults are more emotionally stable in their 70s than those aged 25-40.

Older adults can apply their past knowledge better to other areas – and quicker.

Older adults care less what other people think of them.

Older adults who stay connected have better health and satisfaction with life.

It isn't about ignoring or playing down the normal rigors of aging, but rather acknowledging and feeling grateful for what you retain and can still do. There is a connection between mindsets and health behaviours, one leads to the other.

The concept of positive aging is about making the most of the benefits of the passing years and decades and keeping a good attitude about life. It is about keeping a positive growth mindset in the second half or last third of life just like any other phase of life, regardless of challenges or opportunities.

People with more positive attitudes about growing older tend to live longer and healthier lives than those with negative thoughts about aging, according to recent research that found that people who had the highest satisfaction with aging had a 43 percent lower risk of dying from any cause over a four-year period compared with those who were the least satisfied.

The study also found that people more satisfied with the aging process had lower risk for conditions such as diabetes, stroke, cancer, and heart disease; better cognitive functioning; were more likely to engage in physical activity and less likely to have trouble sleeping; were less lonely and depressed; and were more optimistic with a greater sense of purpose.

Some examples of good key attitudes to keep a positive mindset while ageing include:

Being adaptable and embracing change.

Having a sense of humour.

Being determined.

Staying optimistic.

Wanting to maintain social relationships.

Learning to live with limitations.

Being aware of the need to make the most of what you have.

A desire to live a quality life.



Chapter Three

Counter The Greatest Threat To Aging Well

We place a lot of importance on our finances, our assets and career goals, but we tend to forget our most important asset, our health and our body. Although your body is a well-tuned system it still needs regular maintenance and if you don't make good decisions on your own behalf, you can bet that will be made for you. There may be some spare parts available to fix some bits that conk out but no replacements.

We cannot do our work and fulfil our mission in life if our body can't support us and it is because of neglect that it will let us down eventually through weakness such as disease or illness. But we get busy and we get lazy and when we don't honour our personal needs with the proper movement that our body needs to stay healthy we seriously risk our quality of life.

This has a disastrous effect on the human body as the muscular system no longer receives enough of the activity and stimulation that it needs to remain healthy. When it does not receive the signals to stay strong the human body starts to lose its muscle tissue which starts to dwindle away in the mid 20's unless of course something is done to stop it. If you want to stay in good shape and remain as youthful as possible you have to begin adding lean muscle tissue to your frame. Here is why:

You have more than 600 muscles in your body, which account for up to 40 percent of your body weight - that's almost half of you. While aging is natural, losing too much muscle is not and can directly impact your mobility, strength and energy levels, immune system, and even organ function.

Muscle tissue is highly metabolically active. This means it needs lots of fuel (calories) to maintain itself. Even when you sleep your muscles are responsible for more than 25 percent of your calorie use. Adding a mere 3 pounds of lean muscle tissue through proper strength training exercise will increase your metabolism (the rate you burn fuel) by around 10 percent.

You may be getting close to or past retirement age and are looking forward to enjoying your life now that you have extra free time, right? Not necessarily so.

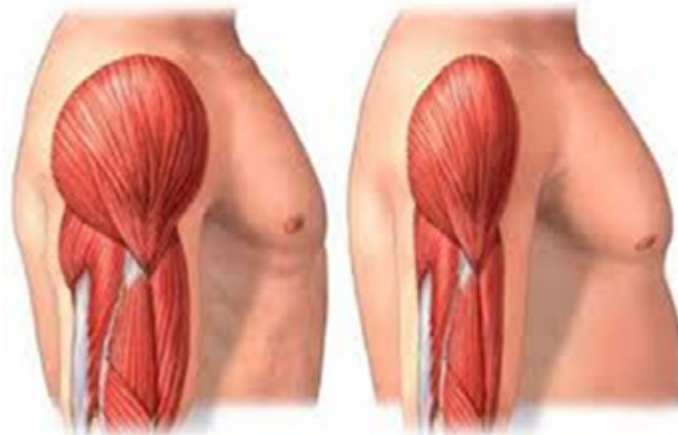
Over the years unless you have worked at protecting and preserving your strength you may find that you have suffered significant lean muscle tissue loss. It is possible that you may not have noticed this as it happens at a slow rate over a very long period of time.

Sarcopenia – This Is Something You Do Not Want

The older you get, the more important your muscle mass becomes. Not only are strong muscles a requirement for mobility, balance, and the ability to live independently, but having reserve muscle mass will also increase your chances of survival when sick or hospitalized.

Muscle is lost far more easily and quicker than it's built, so finding ways to continuously preserve and maintain your muscle mass is crucial, especially as you get older. Age-related loss of muscle mass is known as Sarcopenia, and if you don't do anything to stop it you can expect to lose about 15 percent of your muscle mass between your 30s and your 80s.

An estimated 25 percent of adults under the age of 70 have Sarcopenia and as many as half those over the age of 80 are impaired with it. People in their mid-60's who haven't exercised regularly can show a decrease in muscular strength of as much as 80 percent.



The term Sarcopenia can be defined as the loss of muscle mass causing a multitude of negative metabolic changes associated with decreased health and vitality. This premature loss of muscle mass and strength is due to insufficient physical exertion throughout a person's life and opens the door for a host of other physical conditions and ailments.

Weak, flabby muscles burn less fuel meaning if a sedentary lifestyle is followed it is likely that a person becomes over fat especially in the abdominal region. Even if you don't gain weight on the scales you will still accumulate body fat which remains unseen on the inside of the body.

Excess body fat contributes to glucose intolerance - the body's inability to efficiently break down sugar can lead to "metabolic syndrome" which puts a person at risk for diabetes, along with other chronic conditions like cancer and heart disease.

For decades, the medical community has paid little attention to the loss of muscle mass instead research has focused on the bone thief osteoporosis. Now age related loss of muscle mass and strength is getting more attention as tens of millions of Baby Boomers worldwide are approaching older age.

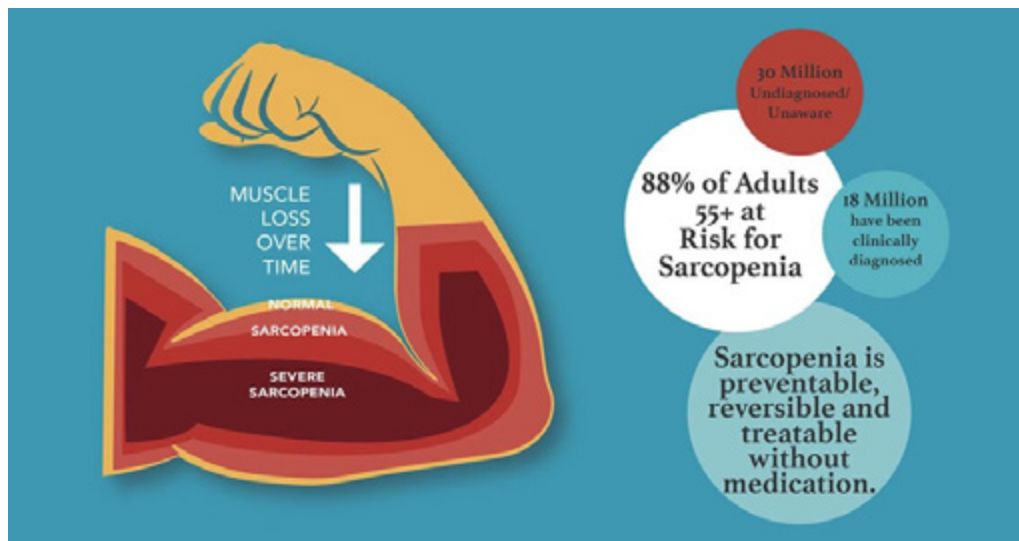
Activities that people once found easy start to become harder and more difficult so they are less likely to continue doing them. This is the start of a downward spiral of increasing less activity and an increasing loss of physical function. This will generate even less desire to stay active and the very dangerous cycle continues until disability sets in.

This slow, barely noticeable loss of muscle begins around age 30 with the rate increasing sharply around age 60. As sleek, firm muscle disappears, the metabolic rate is slowed, making it harder to control body weight, accelerating obesity and increasing the risk of life threatening diseases such as cancer, heart disease and diabetes.

This stealth like villain steals around one pound of muscle mass from its victim each year and if left untreated has the potential to ruin a person's life.

This loss is not just about sagging skin and flabby arms. Loss of muscle mass leads to varying degrees of inability to perform daily activities, like walking. That can begin a cascade of effects, including slower movement and loss of balance, which also restrict a person's ability to live fully.

In addition, Sarcopenia is associated with inflammation, insulin resistance, a drop in testosterone and oestrogen levels, and chronic diseases, such as Type 2 diabetes, heart disease and pulmonary disease.



So, you may be asking, why haven't we heard more about Sarcopenia and its debilitating effects? Many attempts have been made to inform the public over the years, especially by the Fitness Industry but in spite of these attempts the topic still has a low profile and is not receiving the attention and publicity it deserves.

Could it be that the drug companies haven't developed a drug to build muscle artificially or prevent muscle loss yet? Perhaps more tellingly, Sarcopenia's proven antidote, strength training exercise will never make any money for a pharmaceutical company.

Only strengthening exercise can halt and reverse muscle loss. There are no drugs, no health foods, and no recreational activities that will do the job. It seems so wrong that we need the huge marketing budgets of the drug companies for word to reach the public.

Sarcopenia is luckily becoming a hot topic in aging research now that it is being realized what a devastating and debilitating effect it has on the quality of the last 10, 20 or more years of a person's life. As the proportion of older people continues to grow, Sarcopenia will have a dramatic impact on their lives and is predicted to be one of the biggest health problems the world faces.

In the coming years health care systems are predicted to be overwhelmed by the costs associated with this preventable condition and the diseases it precedes such as obesity, osteoporosis, heart disease and diabetes.

The good news is you do not have to be a part of this. If all of us would take more responsibility and be doing our best to maintain our strength and muscle mass as we age we can conquer the preventable disease of Sarcopenia and the misery it brings.

By building and maintaining strength and thus health continuously, older people will be able to take care of themselves and live independently in their own homes for as long as possible instead of being forced into a nursing home.

While it's best to start exercising early in life, several studies show it's never too late to regain some muscle strength. While many people focus their workouts on walking, cycling or jogging or other aerobic (high repetition, low intensity) activities, that doesn't help counter the gradual deterioration of muscle strength.

Proper exercise is defined as "taking the major muscle groups through their ranges of movement in a slow controlled manner under an adequate load". So if your exercise meets that criteria you are doing great.



Non-demanding activities such as gardening or bowling cannot provide the required stimulation and desirable benefits of a proper, structured strength building exercise program. Even if an individual partakes in a very active lifestyle, they still must partake in proper exercise to avoid Sarcopenia.

As grim as all this sounds it doesn't have to be this way. It is your responsibility to ensure that your strength and therefore your health are protected right throughout your life. It has been well proven it is not the result of age that these negative changes occur but is the result of not being active enough to remain healthy. If we see other people "slowing down" as they get older it doesn't mean we have to follow.

Simply make up your mind not to let your health be eroded away by getting started on a strength training exercise program straight away. It is never too late to do this whether you are 40 or 80 years old. But do not wait as every day that goes by it will make it harder to regain that lost strength.

Imagine having lots of additional years to enjoy your friends and family or watch your children and grandchildren grow. You could start a new career, or travel but you must treat your health as priority. Keep maintaining your strength, vitality and most importantly your independence and ability to do things for yourself so you can finish the race of life strong.

You can probably come up with plenty of reasons (excuses) for why you don't make time for a proper exercise program. Could you be too young, too old, too tired or you think you are in pretty good shape – for your age. Or hang on a minute – here is that good old one – you are simply too busy.

All of these excuses are just that - really flimsy excuses why you don't practice the self-care necessary to keep yourself healthy for the long haul. But you say "I feel well". Or "I am not sick so I must be healthy right?" Or "I get enough exercise running around now I don't need to do any more".

But there is no real excuse unless you happen to be paralyzed from the neck down. Making time to exercise is not about time, it is about priorities. When we say, "I don't have time to exercise" what we are really saying is "I don't place enough importance on my health to make time to do it". Many of us have crammed each day so full of stuff that we simply have not left time to take care of ourselves.

Be honest now...on your totem pole of priorities where does exercise sit? Is it even on your totem pole of priorities?

A proper muscle building and maintaining exercise program is not just about looking good or losing weight anymore. It is about staying healthy and avoiding an early death. Protecting yourself from disease is a far bigger goal. When you fail to work your muscular system regularly fats and sugars in the blood don't get burnt up as energy and instead stay in the bloodstream and end up in places where they shouldn't be.

This causes damage to cells, tissues and organs which lead to "chronic lifestyle" diseases like heart disease, cancer, dementia or diabetes and at least fifty others. These conditions are incurable so getting one of them means you will end up living with them for years becoming one of the "walking wounded", ending up with half a life for the remainder of your lifespan, if your life is not cut short first.

At this point I can hear you saying "No worries, I will do it later when I am not so busy". But the truth is later may be too late as these diseases don't just happen out of the blue. They take 20-30-40 or more years of stalking you before they show themselves.

These diseases are so common now in our world it is estimated one out of every two adults in the world today has a chronic “lifestyle” disease and many have multiple conditions at the same time bubbling away.

The Single Most Important Thing You Can Do To Remain Youthful

So how do we get from the “too busy” place to a proper exercise program that will keep our body and brain healthy? You could spend a few bucks and get yourself a coach or fitness professional that can fast track both the learning of the techniques and intensity of strength training exercise so time can be reduced and results maximized. If you put some effort into your program 2-3 times each week that will be only exercise you need to do. This will give you the most “bang for your buck.”

Proper strength training exercise is so efficient not much is needed to get the great results. Forget wasting precious time on old fashioned and outdated exercise techniques like long, slow endurance activities like walking, jogging or cycling. Keep these if you have time left over as part of an active lifestyle but put your energy and effort into your strengthening exercise first and foremost.

So, once you have acknowledged that you need to make health and fitness a priority it is time to look into how you can create space in your life to fit it in.

Are there things cluttering up your life that are not really important? Could you spend a little less time on the internet or watching TV? Could you delegate some tasks to free up some time?

Until you push your health and fitness up high enough on your priority list you will always find other things that get in the way. When you have fully accepted its importance in your life you can then set about making time - as this is the key, time is not something that is just found!

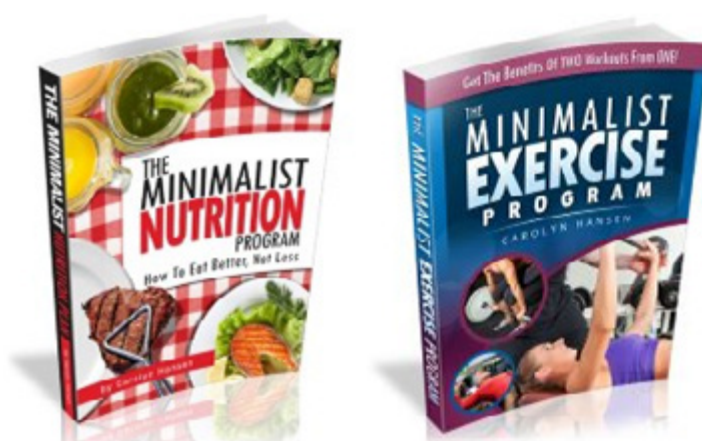
A proper exercise program will not take away your precious time, it will give you MORE TIME by increasing your strength and energy levels so you can achieve more and be more productive throughout the rest of your day. Once you get started and experience the many benefits you will wonder how you coped without it.

Strength training exercise is perfect for busy people as it achieves a lot in such a short time. By choosing exercises that work multiple muscle groups together, combining exercises and having short rest periods are all tools that can save time while increasing strength, fitness and increasing the metabolism to burn excess body fat.

I love the minimalist approach to self-care. As a health and fitness coach I advise my clients to apply the minimalist concept to their lives which includes their fitness regimen and nutrition plan.

Once all the fluff is stripped away it all becomes more 'doable' and is very easy to maintain a simple but effective program to take your health and your life to a whole new level.

If you are interested in simplifying your health and fitness goals so you can make some true headway then check out my **Minimalist Exercise And Nutrition** program and see why less can be more when you know how to do it right...



[Click Here To See This Simple Program](#)

Self-care is very important and this time spent exercising is a chance to shut the door on life's busyness and recharge one's self. Consider it a safe place or refuge where the rigors and demands of your daily life cannot reach you if only for a little while and you don't have to be available to anyone or anything.

This is a chance to not only exercise but relax at the same time, a place where mind and body come together to distress, rejuvenate, calm and centre you. It will feel like medicine washing over you dissipating stress and making you feel strong, in control and refocused.

You will be a much more productive person when you are whole, healthy and feeling good about yourself. Having a fast paced lifestyle is not necessarily a bad thing and can be very exciting, but we need to add in some vigorous physical activity if we are to remain healthy.



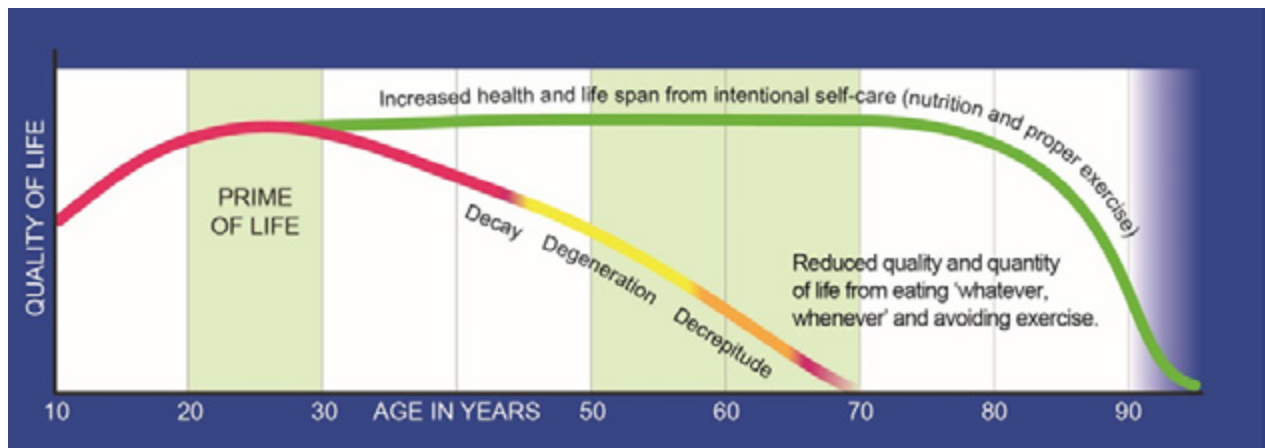
Most people understand the importance of proper exercise as a means of increased strength and fitness but exercise can play a major role in the reduction of stress by decreasing stress hormones and increasing good “feel good” chemicals. These good hormones have the effect of calming and induce a feeling of wellbeing. This helps the body counter and mend some of the harmful effects of stress and busyness.

A time efficient and effective program will also re-set the stress/panic/ anxiety mechanism so it is harder to trigger and recovers quicker when activated. These sessions will give you back so much in the way of dissipating stress and anxiety and provide a lasting effect through the day like medicine. You will soon begin to look forward to its magic.

It sure makes good sense to schedule exercise into your busy week than to lose entire days, weeks, months (or forever) of work due to stress or illness. Along with the stress reduction you will gain strength and become fitter so your health will benefit doubly.

Don't say you don't have time; it is up to you to make time. It is not negotiable if you value your life. Whether you love it or hate it, physical activity is a cornerstone of healthy aging. Exercise optimizes literally every biological system in your body.

Combined with the right diet, exercise is the most powerful tool for staying healthy and extending your life. And...it's not only about living longer, it's about living better – this means you can enjoy more years of life without pain and disability.



Chapter Four

What Sort Of Life Are You Designing For Yourself



In a world where age is often associated with decline, there exists a remarkable group of individuals who defy the norms of aging as it doesn't have to be that way. People in their 70s, 80s and beyond whose ability – whether it be their memory, way of thinking, body fitness/strength – is of the standard of someone 20-30 (or more) years younger.

They are known as “super-agers” – a unique group who possess strong, fit bodies, exceptional cognitive abilities and a zest for life. But what sets them apart? And how can we learn from their remarkable qualities to lead healthy fulfilling lives as we age? For starters, super agers understand the importance of maintaining a healthy body to support a healthy mind.

They embrace an active lifestyle, incorporating exercise into their daily routines and reaping the benefits of increased energy, improved mood, and overall well-being. They also possess a unique perspective on aging, and approach life with optimism, resilience, and a positive attitude towards challenges. This type of mindset can have profound effects on physical and mental health, helping to reduce stress, improve emotional well-being, and enhance cognitive abilities.

With the power of positivity, cultivating gratitude and finding joy in the present moment, super agers are more resilient to the slings and arrows of life, and are more extroverted and less neurotic.

This is often the opposite of most “older” people who are either physically feeble or suffer from dementia. Even if they have managed to escape the “rat race”, they haven’t enjoyed their freedom and have become slaves to their weakened bodies and brains.

Though life expectancy continues to rise, why would anyone want to live longer if they become husks of their former selves? Well, I’m here to tell you aging doesn’t have to be all doom and gloom and being a super-ager isn’t just about the quantity of candles on your cake. It’s about the quality of your daily life.

The image below can make us wonder how two people can be the same age yet look so far apart. Many people were shocked when coming across a post about the two women below who were the same age, but looked years apart.



Same Age – Different Lifestyle

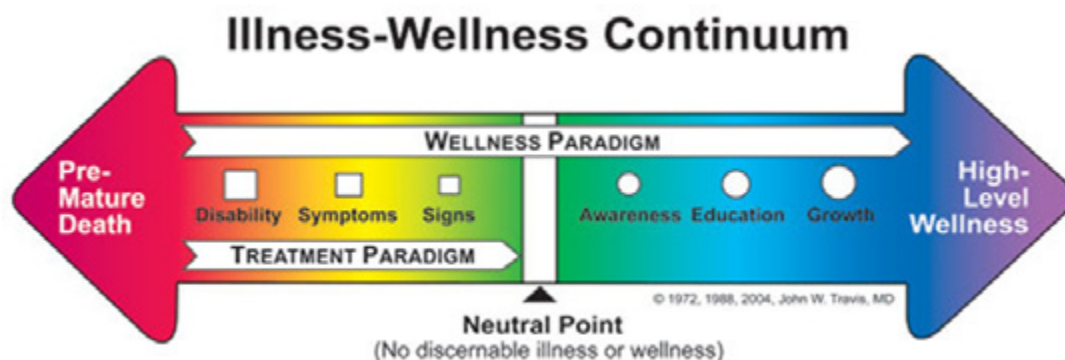
So how can these two people be the same age? Most people will undoubtedly point towards a person's genes as being the difference, but how much is down to lifestyle, diet, stress levels? Should we exercise more, eat lots of green vegetables, go to bed early, stop drinking alcohol and coffee or are our chromosomes already figured out and our destiny is written?

In fact, our genes only account for 25 percent of how long and how well you live. After our late teens, 75 percent of aging and living well is based on our own choices. It's true that genetic disease can affect your life, but your diet and lifestyle can still determine how these things affect you.

Some things might seem like they run in the family too but this may be due to environmental influences meaning you are living the same lifestyle as your parents. It's important to remember that both work together and you can improve your lifestyle no matter what your genes. So what are the lifestyle choices that are important to improve ageing?

One thing we humans want is to be well and healthy. The definition of wellness is being in a state of good health, physically, mentally and emotionally and being free of (and not at risk of) disease.

This state of health is not something that happens without some effort though; it is a dynamic process that starts with becoming aware of, to take responsibility for, then making better choices that enhance one's well-being.



Wellness may not be a new term, but a new awareness is now dawning as people demand better programs, products and services to improve their personal wellness. It does take an active participation to voluntarily seek out ways to make one's life healthier, to remain strong and energetic, reduce the risk of disease and slow the aging process.

We tend to think that if we are not sick we are well, but good health is a whole lot more than simply not being sick. What we tend to call health care is in reality "sickness treatment". In other words, you neglect your health, you get sick, and you trot off to the doctor with the view of him getting you better.

The doctor is not taking care of your wellness, he is taking care of your sickness. Wellness is the opposite where it focuses on **staying well when you are healthy.**

Unfortunately, we do live in a "sick care" society: being reactionary when it comes to health. This leaves it up to you and I to manage our own personal self-care. Which is all about building a strong, disease resistant body along with a sharp vibrant brain, and even if you get sick it is about finding and eliminating the cause of the disease not just managing the symptoms.

To summarise:

Sickness care - reactively treats the symptoms of disease after they occur.

Wellness care - proactively prevents poor health and disease and actively slows the aging process.

In order to move away from an expected illness and sickness lifestyle (reactive) you have to adopt a wellness orientated lifestyle (proactive) and I am here to help you do that.

But taking personal responsibility for your health creating a happy, strong, healthy, energetic YOU is something that only you can deliver.

It is the greatest gift we can give ourselves.

Give Yourself The Gift Of Health & Wellness
Your Future Self Will Thank you for it :)



Are You Building A Foundation For A Strong Future

Many people think they are healthy because they are not “sick”, and as long as they feel healthy they take little action to be more than that. They stay in their comfort zone, not wanting to even think about the dangers and the risks of their lifestyles that include eating the wrong foods, too much of them and avoiding exercise until they are ill or faced with a serious health scare.

But what causes the hallmarks of disease in the first place? In a word, imbalance - too much bad stuff, not enough good stuff. By adding more of the good stuff and removing most of the bad, you activate your body's natural healing systems - its innate intelligence that is designed to create health.



We have far more control over our biology than most of us have ever imagined. As we age, frailty, decrepitude, dependency, loss of mobility, pain, and disease seem to be the norm today. But is that all inevitable? Is it possible to live into our nineties, hundreds, and beyond disease-free, active, and mentally sharp? The answer emerging from the field of longevity and aging research is a resounding YES!

But the beauty of the human body is that we don't have to look at every gene, protein, metabolite, or microbe. We simply need to know what creates imbalance or balance - and thankfully it is not hundreds of things; it is a few simple things.

Our biology is designed to function in very particular ways. Building and maintaining our strength is top of the list yet, only 9 percent of people over 75 perform strength training regularly - that is, at least twice a week.

The fact that 93 percent of adults are metabolically unhealthy and suffering from some degree of prediabetes or type 2 diabetes (which is at the root of rapid aging and heart disease, cancer, and dementia) is largely due to the burden of exposing ourselves to too many things our bodies were never meant to handle.

You see health is much more than the "absence of disease". There is so much more beyond the "good enough" or the "don't fix it till it's broke" scenario.

There is abundant energy, vitality, a higher state of life and optimal health for those who set their sights beyond simply getting by.

This higher state of life and living is what I can help you achieve.

Chapter Five

Staying Strong - Key To Keeping Up In Our Busy World

Our modern world moves at such fast speed we are all under constant pressure to be on the go continually. We need high levels of physical, mental and emotional strength to better endure the stresses of daily living at this accelerated pace.

Although our world continues to create busyness and stress it does nothing to make us stronger physically as all of the 'work' has long since been removed to make our lives easier and more convenient. This creates an imbalance between our bodies and brains.

We live in a world full, where things happen in the blink of an eye. Technology like computers, cell phones, talking via video, faxes and texts make life fast and busy. Yet this busy world and its fast pace creates stress that actually makes us age faster and can rob you of your life.

Many of us are so busy we have days that are full of pressure which in turn can cause us anxiety. Often we are in constant motion, running from one place to another and are often being pulled in many different directions. We tend to eat on the run if at all.

We are busier than ever but we also are very inactive. We tend to sit a lot, in our cars, at our jobs and in our leisure time on the couch watching television or interacting with a screen of some sort. We are not required to do much physically anymore and we only move in a few repetitive ways.

We mostly neglect the very important things like proper exercise and healthy eating that can help keep us strong and healthy and allow us to keep up with the rest of the world.

This is a new disease that has invaded our society; the disease of busyness. Its symptoms vary from having no time to take care of fitness and health/wellness goals to not having time for social outings, no time for a quick bite to eat with a friend, no time for a bit of friendly chit chat with someone, and no time to eat properly.

Is your day so crazy that you are in constant motion, pulled in many directions at once, barely having time to stop and connect with anyone least of all yourself?

This insidious disease of busyness encroaches on all areas of a person's life causing suffering to everyone from the person who has this illness to their spouses, their children, their parents, their friends, their co-workers and even their pets.

We keep on putting self-care and exercise on hold while we are consumed with busyness chasing our tail around performing multiple tasks at once. But the problem is if we keep doing this there is a large risk that at some stage of our life there will come a time when we have to pay the piper. We have not even stopped to think how this could affect our work and "busy" plans if our body can't support us?

Busyness is a virtue in our culture and we admire people who are able to handle heavy work loads and the ability to get more done in less time is one of today's most esteemed values.

Too much doing, being, going, working and giving can take a toll on us, physically, mentally and emotionally. In seeking to serve others, we often neglect our own needs and run out of inner resources from which to draw strength and energy.

Many of the things we are so busy doing are not the ones that we really want to be focusing on or the things that are most important to us and this causes us anxiety and stress.



If we do not find a way to unwind, distress and centre ourselves on a regular basis we eventually run out of inner resources on which to draw our 'oomph' and 'get up and go'. In other words the wheels fall off. But, how do we handle the toll it takes on our lives?

How can we continue to drive ourselves forward and continue to strive to achieve but still have some sort of balance in our lives as well? If we wish a long and healthy life we have to find a way to dissipate this negative energy that our busyness causes us.

Medical books attribute anywhere from 50-80 per cent of all disease to stress related origins. When people get busy they tend to cut corners on the big three – exercise, healthy eating and sleep - the very things that can offset the damage caused by their busyness and if this goes on too long you may find yourself with serious health issues.

To effectively manage stress and stave off the risk of serious stress related disease you will need to become a better self-care giver to yourself. If you wish to survive the extra demands placed on your body and as you become a more over-worked and under-rested person you have to also become a better juggler of your precious time and energy.

As a long term gym owner, the most common excuse I hear on a daily basis is "I am too busy to exercise". For starters being busy is NOT a fitness solution alternative. We still need the vigorous movement that our bodies are hardwired to perform but no longer get to do. Things like to run, lift, bend down, reach and stretch, climb and carry stuff.

Unfortunately, the same prosperity that makes us such a wealthy and successful society is what is slowly corroding our bodies and our health. Our bodies were not made to sit in chairs behind a computer screen all day. They must have enough muscular movement to stimulate the 'growth and repair' hormones that give instructions to the cells to renew and replace themselves. Without this stimulus decay and deterioration sets in and we enter a downward spiral of declining health.

An overall stronger body along with stronger systems and processes will help ensure you can remain active and competitive in whatever opportunities come your way in life, no matter your age. Strength training exercise will deliver this to you and much more if you give it the chance.

Your strength training program needs to be regular and consistent. Don't be concerned if you do not see immediate results as you are taking steps to counter the aging process and that is the important thing to remember.

Take Control Of Your Life And Make Plans

How many of us just allow life to happen to us? We feel like we are powerless agents in our own lives. We have no sense of direction or control. Remember, most of the plans you make will never come to anything. They are dreams. But that does not matter. Making plans, having dreams, and making active choices in your life means you are really living.

There are many aspects of our lives that are out of our control and that we do not have much say in. So make the most of the aspects of your life that you CAN control. Do not accept that getting older means getting weaker and sicker. Expect to be better each day. Commit yourself to healthy nutrition and regular exercise every day.

Be Inspired And Inspirational

We have an increasing responsibility to ourselves, to society, and to our planet, to be our best possible selves, to age as well, healthily (physically and mentally) and happily as we can – and to minimise the risk factors for the so called 'diseases of aging'. We should all aspire to inspiring ourselves, and others, to live our very best life regardless of age as this benefits everyone.

It is not just about living longer, younger and healthier – it is equally about living happier. It is a fact that happiness is contagious. The more we bring our life skills to bear in our own lives, the more others around us, the wider community and yes, even the planet we share, benefit – in so many ways.

Bottom line: imagine the future you want and take steps to create it. It is never too late to become the healthiest possible you - and maybe even enjoy a healthier life than people decades younger than you.

There is plenty of time to “act old” later! LIVE YOUNG NOW!



Chapter Six

Treat Your Health Like A Bank Account

You already know what makes a bank account unhealthy: too much spending, not enough income, or both. But have you ever thought about your physical health in these terms? In a very real sense, you were born with a certain amount of credit in your health's bank account.

Over the years, you lose "credit" through unhealthy eating, lack of proper exercise, not enough sleep and the many other stresses your body endures. As you make harmful lifestyle choices, you are borrowing against your future. And after too much of this borrowing, a serious "lifestyle" disease may well be an unwelcome visitor in your life.

Why think of your health in terms of an "account?" Because it will help you become more resolved to make frequent deposits (such as choosing to eat an apple) rather than constant withdrawals (like opting for that candy bar.)

Each time you make a lifestyle choice, ask yourself whether you are making a deposit that will help you achieve great wellness, or if you are dwindling your health account into a life-threatening recession.

What's the state of your health account?

Super Health - If your health account falls under this category, congratulations! You are "in the black." You are physically fit and have a firm, toned, feel-good body. You have boundless energy; feel fantastic and rarely get ill. Mentally, you enjoy a sharp mind, positive outlook, and an overall joy of living.

You are one of those people that others envy because of your "inner-joy" motivation and contentment. And, as a bonus, your vibrant immune system is busily working away giving you protection from the many diseases that are epidemic in our modern world.

Vertically III - You are still getting around, but often aren't feeling so great.

You are tired, flabby, and unfit – which causes you to become exhausted even after a small amount of exercise. You often feel moody or “blue”, and you have trouble concentrating. On top of all this, you have frequent aches and pains. If this describes you, your health account is slipping into the red and needs you to start making healthy deposits.

Horizontally III - Your account is in the red, bodily bankrupt. You are likely over-fat and under-muscled, feel physically depleted, tired, depressed, and pessimistic. Your constant fatigue and unwellness prevent you from any type of exercise, and have little motivation to be active.

There is little joy in life, it's just plain hard work. Your body is in dire need of you making some healthy deposits and fast.

Super-health You are in the black in your health account	Vertically ill Still getting around but not feeling great. Your health account is sometimes dipping into the red	Horizontally ill In overdraft – in the red, in recession/bankrupt
boundless energy sharp mind positive outlook joy of living physically fit rarely/never ill full life contentment toned body high motivation feel-good body	constant tiredness low concentration mood swings sorrow, sad, anxiety unfit/exhausted by exercise run down/frequently ill easily overwhelmed dissatisfaction flabby on/off motivation aches and pains/body issues	chronic fatigue troubled/ confused depression pessimism unable to exercise incapacitated by illness life is hard work despair/life is against me over fat, under muscled low motivation levels feel-bad body

Get Back Into the Black

If your health account has fallen into either of the last two categories, the last thing you should do is give up! Instead of despairing, the time has come to dream of a better future.

Just as small amounts of money add up, so will today's good lifestyle decisions. So start doing the things today that your future self will thank you for! You have got nothing to lose but your aches and pains, excess weight, fatigue and risk of serious disease.

You see that word "strength" can be such a powerful force in your world. To live your life strong is so much more than just hoping to avoid illness; it is a reserve, that something extra. It is a mental, physical and emotional bounty that you always have up your sleeve to counter whatever life throws at you.

Living your life without this "strength" means you will always be walking that tightrope between "healthy" and "not healthy". Will you be always wondering not "if" but "when" you will cross from one to the other? Without strength you simply cannot have enough energy to live your life to the fullest. There will never be enough energy to do everything you want to do. This is the reason why you don't have time to strengthen your body with proper exercise; you feel there is not enough time.

But you are cheating yourself because without this strength you only struggle through the day hoping to get enough done before you collapse in front of the TV.

How To Fend Off the Downward Spiral

Our bodies are supposed to last at least one hundred years. We are designed to feel well, look well, and move well at that century mark. If you look around at the people in our modern world, seeing a strong, fit and energetic hundred year old is almost as remote as spying a unicorn.

We have been misled into believing that genetics or "Lady Luck" determines how long we will live and if we will remain healthy or succumb to disease. Simple formula: good genes, good health lucky you, long life. Bad genes, poor health, illness, short life.



In reality genetics only play a 6-10 percent role in how long you will live. The amount of candles on your birthday cake is mostly determined by the choices you make every day - especially exercise and food.

The downward spiral of degeneration is not automatic or an inevitable part of the aging process. The shame of it is most of us age at an accelerated rate surrendering to the downward spiral and we don't even know it. We

slowly lose the will and energy to stay strong and active, muscles and joints begin to become stiff and painful. It hurts to move so and we start to make excuses not to have to.

This loss of function doesn't happen out of the blue, it has been going on beneath the surface for years sometimes decades. It sneaks up on us; we lose a bit here and a bit there. We stop doing things, maybe a sport or activity that we used to enjoy. Or maybe we hire somebody to mow the lawn or do something that we used to do ourselves.

We lose our strength, flexibility and mobility by degrees often not realizing what is happening and certainly not doing anything to slow down this ticking time bomb.

If you own a body that hurts and no longer performs as it should it becomes an intrusion in your life. If it hurts whenever you have pick something up off the floor or carry something heavy it sucks the life energy from you. Would this situation not make you wonder "if it is this bad now what is it going to be like for me in 10 or 20 years from now"?

Aging has long been considered a normal process. We think disease, frailty, and gradual decline are inevitable parts of life. But they don't have to be. Science today sees aging as a treatable disease. By addressing its root causes we can not only increase our health span and live longer but prevent and reverse the maladies of aging - including heart disease, cancer, diabetes, and dementia.

It's a fact... inactivity doubles risk of disability. A recently published study that followed more than 10,000 people for 6 years revealed a near doubling in the rate of physical disability later in life for those who exercised minimally during mid-life, compared to individuals who exercised regularly.

You absolutely DO have the ability to choose how you will age. You have two choices – surrender to the downward spiral and accept the fast road to getting much, much older, much quicker than you need to. Or take control and begin taking an active role in maintaining your muscle strength, flexibility and joint health.

Many objects work better when they get used regularly. Cars, machinery etc - it's the same with our body's muscles and joints. Put them through their paces at every opportunity whenever you can. By working at staying strong and active with an exercise program you are providing the necessary fuel to keep your body functioning well and preventing a host of muscle and joint problems as you get older.

Don't let your world become smaller and less enjoyable by relinquishing or losing your physical capabilities. Exercise is not a frivolous pastime or optional luxury; it is a form of preventative medicine, an essential ingredient for maintaining healthy bodies and minds.

Have the Body of a Healthy 35-Year-Old - When You're 70!

Becoming stronger gives you not only more energy, but more stamina and endurance so you can power through your day and still have energy left over to do something you enjoy, maybe something “fun”. This adds to the enjoyment of your life.

Becoming stronger also reduces your risk of contracting some nasty disease or illness that could well shorten your life. But there is a small price to pay for this protection that you could think of it like an insurance policy. The premiums must be paid with your participation in a proper, regular and consistent exercise program.

Taking the strength of your body seriously is like putting money in the bank since it reduces medical costs throughout your lifespan and eliminates future burdens on family, friends and society. The greatest return is having the vigour, energy, vitality and independence to pursue every moment of your life to the fullest.



Consider the sobering alternative....health, mobility, independence, self-esteem, happiness, dwindling away like an aging engine that has lost its power and strength. That is not living your life with abundance but a severe limitation on the only life you get. Consider this concept taking the low road.

You have a choice about how you live your life, if you make the choice of taking the high road you can look forward to not only more strength but more of everything, to be more and do more. Do it for yourself, your family, your country and your world.

People committed to their exercise regime tend to have one major thing in common; they know the true value of real health and understand how strength and fitness plays a big part in that. They understand the total 'big picture' health benefits and enjoy how exercise makes them feel better physically, emotionally and mentally and how it gives a much greater quality of life no matter how old you are.

If you even make time once a week for a proper exercise program that contains mostly strength training exercise it will go a long way to keeping you healthy. When you get that one session firmly established in your life (it can take up to 6 months) add another session each week.

The key to finding the time for exercise is to put it at the top of your priority list and then say it is not optional. You need to do it, will do it, must do it. Think of it as a gift to those that love you. It will help keep you around for them for a long time and what better gift could you give them?

A consensus is building among doctors, psychologists and those trying to help others become saner, happier and healthier: It is not until it is too late that the wrong decisions, made because of our attitude towards health and fitness, determine the quality of life we are left with.

Is YOUR body aging faster than it should?

If so, what do you believe about aging?

Do you believe that it's something that just happens...that it's natural for your body to start "falling apart" with things like knee and shoulder pain, a constant carousel of blood pressure and/or cholesterol medications, blood sugar swings, and an ever-growing stomach?

Or...

... Do you believe you have control over the way your body ages – that you can, in fact, slow down the aging process?

If your attitude towards your personal health, strength and fitness is not on the same page as the one needed for your very best life....are you willing to change it?

If so, I would love to help you discover that growing “old” is now optional and how you can easily slow the aging process and start looking and feeling younger and healthier right away.

Bottom line: Exercise builds energy and energy is the source of all life. We have the opportunity to take this energy that is available, and all it takes to get our share is a positive attitude and action.

Yes, strength training exercise has many benefits and will indeed give you a better all round stronger body that we all want no matter your age. You will be able to take on physical challenges – like playing sport if you so desire, climbing a mountain or even keeping up with the grandkids with greater ease and enjoyment.



The last third of one's life can be equally as exciting and full as the first two thirds, but you have to put some effort in now if it is to be lived with vibrancy and vigour- I'm afraid it is not just handed to you on a plate. Only a few lucky people get that.

The rest of us need a clear road map and a practice self-care plan to help us lead, healthy, long life – our best life. My years in the Fitness Industry and have taught me how to live a balanced life that will lead to optimal health and wellness and I am so happy to be able to share it with you.

Chapter Seven:

How To Implement An Automated Wellness Program In Your Life

Because it is well worth being constantly reminded of well-tested but often ignored techniques for maintaining our health I have created a program to help keep you on your toes when it comes to practicing how your attitude to aging impacts everything about aging.

You will find that it is a way to stimulate your interest in pursuing those practices, like strength training, intermittent fasting, meditation, and several others that I have taught myself over the years.

If you can see the value of maintaining good health, rather than one day finding yourself in the position where you have to make a mad scramble of an attempt to get it back, consider the following.

It is very easy to read through an eBook like this one and find yourself agreeing with almost everything that has been said. Then the final page comes, you go on with your day, and nothing in your life changes.

Instead of doing this I would like you to consider COMMITTING to making the changes needed to begin putting yourself onto the path of the super agers using the same techniques outlined in this guide.

Do not wait for tomorrow. Allow my words today to be the instigating factor for change in your life and join me in my special program. The link to register and get started immediately can be found below.

It is not expensive. In fact, compared to the value you will derive from the health benefits associated with taking action today, the investment will be truly miniscule.

I'm ready. ARE YOU? Allow me to be your guide on this restorative transformation as we reboot, renew, and recharge your body and your life. It will be like wiping the slate clean - and starting over from the beginning. This is how you take back control of your health.

Can you imagine a more worthwhile goal?

It all boils down to this: Your body is your number one tool for ensuring both maximum longevity and the highest quality of life. In fact, it is like a Swiss Army Pocket Knife, filled to the brim with powerful, specialized and finely-honed life-preserving components that can be applied to solve virtually any health issue that you might run up against.

But **ONLY** if you keep the tool in good operating condition. This is what my program, the “Wellness Wakeup Call”, is all about.

Using an ongoing series of “wakeup” calls which I send directly to your email inbox, my goal is to keep you apprised of what truly matters for the preservation of your health. Because ultimately it is up to **YOU** to continue to make the right decisions daily when it comes to your well-being.

If this approach sounds like something you would be interested in knowing more about, come check out my “Wellness Wakeup Call” trainings:



[Click here to learn how my Wellness Wakeup Call works](#)

For more tools and resources from Carolyn Hansen to assist you in attaining your goals and achieving the success you desire in life, please visit:

[Carolyn Hansen Fitness](#)