

# SECRETS *of the* SUPER AGERS

How to Look, Feel, & Act  
**HALF** Your True Age



By Carolyn Hansen

## About Carolyn Hansen

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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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# Secrets of The Super Agers

## Table of Contents

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About Carolyn Hansen	.....2
Chapter One	.....4
<b>Will You Be A Super Ager?</b>	
Chapter Two	.....7
<b>What Exactly Is A Super-Ager?</b>	
Chapter Three	.....13
<b>Kicking It Up A Notch</b>	
Chapter Four	.....23
<b>The Mindset Of The Super Ager</b>	
Chapter Five	.....26
<b>Breaching Your Comfort Zone</b>	
Chapter Six	.....30
<b>Your Strength And Fitness Matters – A Lot</b>	
Chapter Seven	.....38
<b>Nutrition For A Super Ager</b>	
Chapter Eight	.....42
<b>Putting The Super Ager Philosophy Into Practice</b>	
Chapter Nine	.....50
<b>How To Implement An Automated Wellness Program In Your Life</b>	

# Secrets of The Super Agers

## Chapter One: Will You Be A Super Ager?

Today, the planet is shared by nearly 8,000,000,000 people.

Despite the staggering number of us, there is one thing we all have in common: every one of us is aging.

From the moment we are born to the moment we die, we all age. Many of us will spend one third of our lives in 'old age' - which is somewhere beyond the age of about 60 years or so. But how we manage that time - in other words, the matter of 'how well' we age - well, to some extent that is up to each of us. What we think and how we feel about aging can have a significant impact on how we actually do age.

And that is why you are reading this book. Because you already suspect there might be things you can do to control the way you will look, feel, and act in your later years (and it's true!)

So take a moment now to imagine what your life will be like when you reach your 80s? Will you be living independently, fit, strong, robust in body and mind, with a wide social circle?

If you can manage to pull this off (the ultimate hat trick) then you will be a Super Ager. Indeed this is a worthy aspiration, but the reality of life on the other side of the young versus old dividing line is rather different for most of us.

Although we are living longer, more of the extra years we are picking up are being spent in ill health, often with multiple chronic health conditions.

The cornerstone of this guide is the realization that your mindset about the aging process influences how you actually age. If you buy into the notion that old people are forgetful and doddering, you are essentially creating a future model for how you will age. But, with an alternate mindset - I would say the right mindset - you can change your future for the better.



# Secrets of The Super Agers

What this means for each of us is that we have the power to improve the quality of our life as we age by improving the quality of our mindset. The way we think about ourselves and the world around us dramatically impacts our happiness, health, how fast or slow we age, and even how long we live.

We tend to face aging with feel-good slogans. "I'm 70 years young!" we say. Or "Fifty is the new 40," we tell ourselves.

Perhaps the most shop worn of all the platitudes is this one: "You're only as old as you feel" - as if feeling old is your own fault. But actually, whoever came up with that one may have been onto something...

It is no secret any more that the familiar mind-body divide is outdated. Your moods, feelings and thoughts all really do influence your physiology.

Learn to relax and your blood pressure goes down; emerge from depression and your immune system picks up; take a pharmacologically useless sugar pill that you are told is a powerful drug for your headache or backache or infection and, as if by magic, you get better.

This suggests a tantalizing question: If the mind can heal the body, can it also rejuvenate it? Can your mind make your body physically, measurably younger? Or, at the very least, can it slow the aging process?

The people who research these things already accept that the way we think and feel can affect the way our body functions. Thoughts alone can increase the population of disease-fighting white blood cells. They can lower the level of the hormone which raises blood pressure. So why couldn't the same mental processes help recalcify bones or reverse heart disease or preserve the brain cells which are lost with age?

So there may be some truth to the notion that "You're only as old as you feel". Perhaps, within reason, you are only as old as you bloody well choose to be - because research is mounting for the idea that your outlook, your personality and, frankly, how upbeat you are in general all have a profound impact not just on how you feel but also on how your cells age.

Consider one study which showed that even a single day of a mindfulness meditation practice can down-regulate a gene that codes for inflammation - one of the primary drivers of aging.

# Secrets of The Super Agers

Or another which showed that reducing stress can reduce the cellular damage from the highly reactive oxygenated molecules known as free radicals.

Or the research that found, most remarkably, that the telomeres within your cells – the little cuffs that cap chromosomes and erode over your lifespan, and which are considered to be biomarkers of aging – can actually be made to grow longer, provided that your mind is in the right state to make it happen.

It all comes down to daily behaviour and the choices we make. We have a growing set of studies of people from around the world showing that aging is not just an aspect of genetics, but is impacted by how we live. Deciding to live better, it increasingly seems, is the same as deciding to live younger.

We absolutely do have the potential to change our health. For example if you are 20 and you hurt your wrist, you expect it to get better. When you are 70, you have bought into the mindset that you are falling apart, and as a result of this you do.

Our chronological age is not as important as our biological age. The secret to a longer, healthier and happier life? Always look on the bright side of it, and don't let age deter you. As we age, we have decades of coping and resiliency skills. A positive mental attitude is absolutely essential, and probably the most important thing for keeping young.

Research shows that Super Agers have a unique personality profile; they do not want for optimism, resilience, and perseverance. They also enjoy a thoroughly active lifestyle.

# Secrets of The Super Agers



## Chapter Two: What Exactly Is A Super-Ager?

For our purposes we are going to define a Super Ager as someone older than 60 years who is physically, mentally and emotionally as strong and fit as a person 20-30 years younger.

Even if they are over 80 years old their body and brain function on a par with 50-60 year olds, and sometimes even younger than that.

They enjoy positive social relationships. They lead engaged lifestyles which involve regular challenging physical exercise. They take the time to shop and prepare healthy, mainly unprocessed, whole foods. They use their brains in mental activities and live life to the full.

Another characteristic Super Agers share is their extrovert personalities and positive outlook on life. Additionally, scientists have found that Super Agers tend to have significantly more satisfying, high-quality relationships than their non-super-aging peers.

# Secrets of The Super Agers

Apart from these behavioural characteristics, Super Agers also appear to benefit from particular types of brain cells that are not only involved in superior communication and memory recall, but also show less evidence of the cognitive decline associated with diseases such as Alzheimer's.

The brains of Super Agers may also be protected against age-related shrinkage, compared to the average 'older' brain.

Even if these Super Agers are old in the numerical sense (years put behind them), they seem ageless. Scientists have increasingly begun to look at this special group to see if there is something – perhaps genetic or lifestyle-associated (or both) – which is responsible for their unusual resistance to getting old, and whether or not it might be harnessed as a potential elixir of life.

These special people, the Super Agers, make up less than 5 percent of the population. Their razor sharp mental powers, their healthy bodies, and their high levels of mental and emotional toughness defy their actual ages which may extend to 80-100 years or more.



An example of a Super Ager



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During the course of my gym/fitness career, I have come across people who seem to defy age. They get ill like the rest of us do and they have wrinkles, but they also have a youthfulness and an ageless quality regardless of how many candles appear on their birthday cake. For them, age really is just a number.

So I really have met a great many of these Super Agers over the years (decades). Noel Flyger was made “Member of the Month” recently at my gym after he passed away and we wanted to acknowledge how much we missed him. Here is our posted remembrance of him.



## Member Of The Month

*This month we remember Noel Flyger.*

*Noel was one of our long standing, oldest members. Last year before he sadly passed away we celebrated his 99th birthday. This year on February 23rd it would have been his 100th birthday.*

*Right up until the week he passed away, Noel attended the gym 3 times a week where he had a workout followed by a coffee from our cafe Body Fuel. This past year hasn't been the same without his smile greeting us every time he entered the door.*

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*A saying of his... 'I would be dead if I wasn't here' - Noel Flyger*

*Note: he would drive to the gym and on the way pick up friends from other retirement homes and drop them back after the workout he was so enthusiastic about staying fit and strong.*

Noel is just one of the seemingly ageless men and women knocking on the door of 100 years old that I have met at the gym. The one thing they seem to have in common is their commitment to long term strength and fitness.

So, how does one prepare to become a Super Ager?

There's our stereotypical image of the elderly creeping around slowly, enjoying quiet hobbies, and battling various medical complaints... Then there are the Super Agers, and perhaps the most salient point I can make on the matter is the earlier you start on this journey the better.

So... at what age are you considered "old?"

Is it when you retire? Is it when your hair turns grey?

Or does it all come down to when you start to "feel" old?

The truth is, the effects of aging really begin in your early 30's, which is surprisingly young considering that most people will not start thinking they are getting on the older side until they are headed towards the 50 year mark.

You may be getting close to or past retirement age hoping to enjoy life now that you have the extra free time. But unless you have worked at protecting and preserving your strength you may find that you are bumping up against some health-related obstacles which may derail your enjoyment.

For example, have you 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.

Activities you once considered easy to engage in become more difficult as your strength declines - so you do less of them, preferring more sedentary hobbies. This is the start of a downward spiral of increasingly less activity and a corresponding loss of physical function.

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Little things which are mildly annoying become more noticeable. Like not being able to balance while getting dressed. You may experience difficulty getting up from an armchair, picking things up from the floor, getting up and down the stairs... These everyday tasks are more likely to become harder the older you get.

When things become difficult we tend to stop doing them. Instead we should recognize each of these instances as a sign that we need to get moving and strengthen the areas that are becoming weaker. If we ignore these signs the cycle continues until disability sets in.

Muscle loss caused by a sedentary or inactive lifestyle opens the door for a host of other physical conditions and ailments. This is also the period in your life when plaque begins to build in your brain, slowing down your brain's ability to function at peak condition.

This vicious process of strength loss is called sarcopenia. It signifies that muscle mass has declined, and that the muscles are weakening - something that ends up dragging down the health of every part of the body, including the brain.

People in their mid-60's who have not exercised regularly can show a decrease in muscular strength of as much as 80 percent. This is how you end up in a nursing home!



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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 is protected 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.

We may see other people "slowing down" as they get older, but that doesn't mean we are necessarily fated to do the same. The old saying "growing old gracefully" should be kicked to the curb as "gracefully" often means "idly".

Idly means "without much thought, effort or attention; in an aimless, lazy or inactive manner". There should be no place in your life, at any age, for this approach to anything, let alone your health.





# Secrets of The Super Agers

## Chapter Three: Kicking It Up A Notch

Around age 30 is the perfect time to tidy up areas of your life that you feel could be improved. Maybe its time to cut down on the drinking (or cut it out entirely) or make the time to get fit and strong along with improving the quality of your diet.

Looking ahead to when you retire, the earlier you begin planning for it the more prepared you will be when you do retire.

Retirement now looks very different to what we remember. You may never experience a sudden shift from full time work to full time retirement, and you may want to keep working, be self-employed or doing things you enjoy as you get older.

The years before retirement are the perfect time to start a business that will sustain you after you have left the 9-5 grind to support you during that last third of your life. It is exciting to find a way to use the skills, knowledge and experience from your time in the workplace (and life) and build something on your own terms.

I have written a book called “**Get Your Side Hustle On For Improved Financial Health**” that reveals the opportunities and potential of the online space starting from scratch. Opportunities you can use to make money, give back or even share your skills with people eager to learn what you already know.

Go here to download this free eBook:

[Get Your Side Hustle On For Improved Financial Health](#)

One of the secrets to super aging is the continued use of your brain throughout life. Never stop using it to learn new skills. There are of course many ways to do this and the pursuit of an online “side hustle” is one of them. It also has the added bonus of helping you to earn a great living so you can continue to live comfortably.

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Working past “normal” retirement age is one of the fastest growing trends worldwide. People want meaningful work that fuels their passion, suits their personality, and fills their pockets.

When you retire you may also be interested in doing all the things that you did not have time for when you worked full time. For example, improving your health and fitness, eating better, travelling, pursuing hobbies and interests, and spending time with your family.

But to do all that you absolutely need to be physically and mentally capable of leading a fairly active lifestyle. You will need to be at the top of your game when it comes to your health, strength, fitness, superb wellness, energy and brain power.

So just as you should plan to pay down debt and save money for retirement beginning at a young age, you can also start preserving your physical and mental capacity early. Do not wait until you are old to start saving (or in this case, start improving your health), as the way and the speed at which you age will depend upon it.

It is a shame that many people begin to downsize as they get older. Their house, their car, their needs... They adopt a winding down mindset which leads to them thinking of themselves as old, and so they behave that way which further hastens the downgrade.



# Secrets of The Super Agers

Age does not preclude healthy living. Far from it. Healthy living is more likely to lead to a healthier, longer life and it is never too late to embrace it. It is absolutely possible to get healthier, slimmer and happier as you get older.

There is an “internal time clock” inside of you that has been counting down every second since you were born. After age 40, the clock begins to wind down much faster and we start to experience more fatigue, brain fog, achy joints and even weight gain.

But you can hack your internal clock and slow down the signs of aging. This leads to higher energy levels, sharper thinking, more joint pain relief, and a healthier body weight.

The key to healthy aging is how much and what type of exercise you do (or don't do), what you eat, and your attitude to life. Sadly many people appear to give up on healthy things as they get older. They forsake exercise because their bones feel weary and their joints hurt. So they turn to convenience food rather than getting their butt into the kitchen and cooking from scratch.

As we get older, some of us seem to believe that slowing down and giving up exercise is inevitable. Likewise we assume that a bit of weight gain is simply part of the process.

But Super Agers have a different attitude, they tend to adjust their exercise programmes and their diets to fit in with their changing daily lives. What they don't do, is give up.

It would be wrong to suggest that we can all be Super Agers, but that does not mean we should not aspire to be one. Continue to pursue the greatest possible physical and mental health and don't let your age deter you.

Let's have a quick look at a few examples of people I consider to be Super Agers. These people are inspirational:

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Helen Mirren 76 years old walks the L'Oréal Paris runway



Charles Dance (Game of Thrones), 75 years old.



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David Attenborough still presenting quality television programs at age 96.



A Super Ager in the making - Jennifer Lopez 52 years old at the Superbowl.

It will be helpful to keep these special people in mind as you read on and decide to start making adjustments to your lifestyle as you move through the decades.

# Secrets of The Super Agers

Beginning in middle age, research shows, many people take steps to avoid unpleasantness or stress. They quit their irritating jobs. They take relaxing holidays instead of vigorous ones. They pursue happiness. The dividing line between work and home becomes clearer. Scientists call this phenomenon the “positivity effect”.

Nobody wants a life filled with stress, so it is reasonable to indulge the positivity effect and divest yourself of negative things just to stay in your comfort zone. In fact, stress that continues for a long time, a condition known as chronic stress, is toxic to your brain – it literally eats away at critical brain regions.

Not all stress is bad, however. Research suggests that you need some amount of stress in your life if you want to stay mentally sharp – in particular, the momentary stress that comes with hard work. Your nervous system evolved so that occasional bouts of stress, where you tax your body and brain for a short time, is necessary to keep your brain healthy as you age.

It is also important to become aware of the power of our attitudes and beliefs as our mindsets have a strong impact on how we age.

Instead of thinking “I’m over the hill and slowing down”, how about you replace that idea with this one: “I’m over the hill and gathering speed?”

This is the truly exciting part - slowly but surely, the whole idea of aging is being flipped on its head. Given breakthroughs in research that have led to new understandings of what drives the aging process on a molecular and cellular level, more scientists than ever are saying, hey, maybe we don’t actually have to age - at least not nearly as quickly or as painfully as we do now.

Maybe we can strategically target the underlying mechanisms of aging in a way that adds years to our lives (we are talking about living beyond 100 years of age) and make those years truly worth living.

What if I told you that you could be just as happy, strong, healthy and satisfied as you are today at 100 years of age? Would that interest you? Well, we do have the technology and the understanding right now to maintain our health for a period much, much longer than the average person does currently.

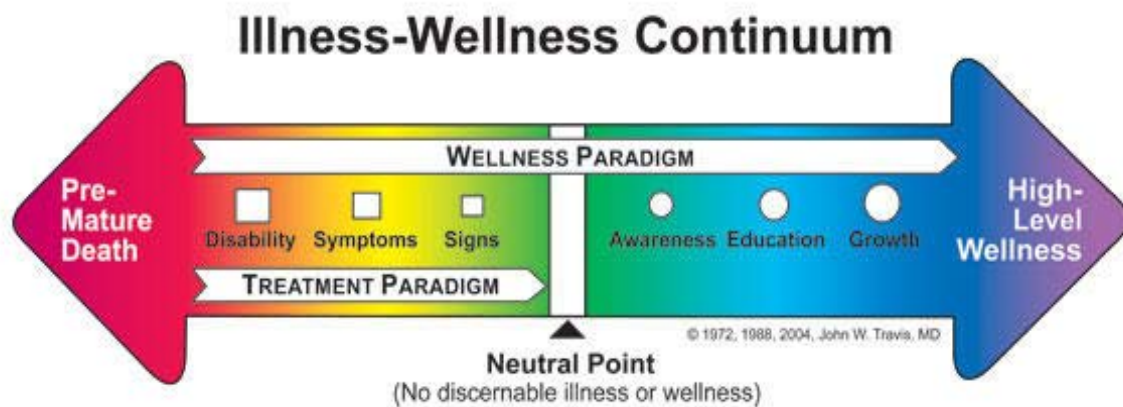
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The hope is that future generations will be able to expect to live until 90 and lead a very active lifestyle, or make it to 100 plus and have a career - a second, third, or fourth career.

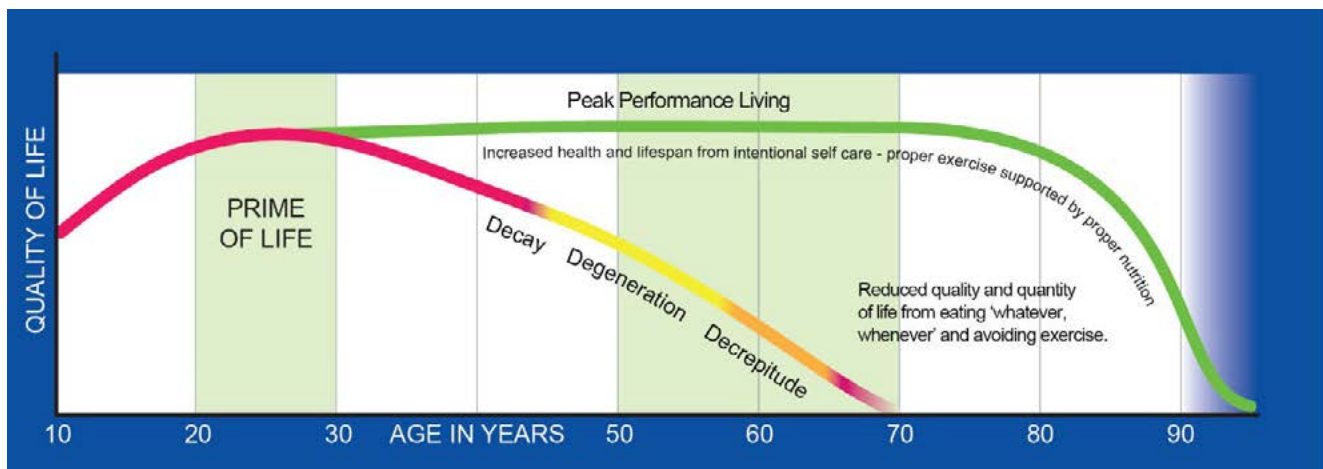
Regardless of how old you are right now it is time to rethink your retirement!

The best time to start preparing to be a Super Ager is around age 30, and the next best time is NOW!

Think about it this way... Regardless of how old you are right now you can really only be heading in one or the other direction with regard to your health and longevity. Take a look at this diagram to see what I mean, and try to pin point where you are on this diagram.



Now take a look at this graph and identify which trajectory you are on.



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Would you say you are on the right trajectory, moving towards high-level wellness and peak performance living - the hallmarks of successful super aging - or do you think you currently risk heading into the areas marked by descent in biological function and all the nasty consequences that tend to accompany it?

## 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 of your life, you lose "credit" through unhealthy eating, a lack of proper exercise, sleep deprivation 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 a banana or 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 lifelong health, or if you are dwindling your health account into a life-threatening recession.

## What's the State of Your Health Account?

When assessing your bank account, a little bit of math is sufficient to determine its condition. But how do you determine the condition of your health account? These three categories will help give you an idea:



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## “Super Health”

If your health account falls under this category, congratulations! You are “in the black.” Super Health means you are physically fit and have a firm, toned, feel-good body. Your great health gives you boundless energy; you 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 Ill”

You know you are Vertically Ill when 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 Ill”

If you fall under the Horizontally Ill category, your account is completely in the red. Think of this state as being bodily bankrupt. You are likely over-fat and under-muscled. You always feel physically depleted, tired, depressed, and pessimistic. Your constant fatigue and unwellness prevent you from any type of exercise, and you have little motivation to be active. For you, there is little joy in life, its just plain hard work. Your body is in dire need of you making some healthy deposits and fast.

## 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’ve got nothing to lose but your weight, aches and pains, fatigue and risk of serious disease.

# Secrets of The Super Agers

**"You've got to exercise. Your health account, your bank account, they are the same thing. The more you put in, the more you can take out."**

*- Jack LaLanne*

<b>Super-health</b> You are in the black in your health account	<b>Vertically ill</b> Still getting around but not feeling great. Your health account is sometimes dipping into the red	<b>Horizontally ill</b> 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

How are you feeling, where do you fit on this "Health Account" chart?

# Secrets of The Super Agers

## Chapter Four: The Mindset Of The Super Ager

Now the million-dollar question: What does it take to become a member of this elite group of superbly aging individuals?

Research suggests that Super Aging is dependent on a mix of good genes, and life-long exposure to factors which reinforce ongoing health and wellness. These factors include physical activity, what you eat, social engagement, and mentally stimulating experiences – with the number one most important factor being mindset.

The bottom line is that those who hold positive views about the aging process live longer. This is true even after taking into account factors such as age, gender, socioeconomic status, functional health and loneliness.

A positive, “glass half-full” attitude appears to have the greatest effect on longevity. More so, surprisingly enough perhaps, than not smoking, a healthy body-mass index, and even a sustained exercise regimen!

Luckily optimism can be learned: if you catch yourself buying into an old stereotype about aging, restate it to create the future you desire and work toward it. Keep doing this and you will see the results.

We have more control over our biological aging than we tend to think. If we make small changes in the way of lifestyle intervention and maintain them over years, our cells take notice and will maintain their resiliency and health.

To have a good chance of becoming a Super Ager we do need to tweak our daily habits. Even more importantly, we need to rethink our views on aging.

Physically challenging exercise, healthy diet, intellectual challenges, and strong relationships/friendships can all help to protect an aging body and brain.

While nobody knows exactly why some people are Super Agers, one factor that seems to unite them is the pursuit of demanding physical and mental exercise. They also continually challenge themselves to do and learn new things outside of their comfort zone.

# Secrets of The Super Agers



## The Optimism Effect

Researchers are divided on whether or not you can, simply by switching up your lifestyle, undo the damage acquired throughout your earlier years (before middle age). The damage caused by being chronically stressed, or cynical, or sedentary. But the research is leaning towards the idea that it can help – and it certainly can't hurt.

As with most matters involving health, it comes down in large measure to the lifestyle you lead. Your diet, and whether you get adequate exercise and sleep, and maintain a positive attitude. This is not an Earth-shattering revelation, but it is reassuring that when it comes to longevity, it seems like we already know what works and we should embrace it.

The truth is that the aging odometer never runs backward. The 70-year-old man or woman will always be 10 years older than their 60-year-old counterpart. But if you are talking about how many years these people have remaining, well, you would be smart to put your money on the happy, active 70 year old over the cynical, sedentary 60 year old.

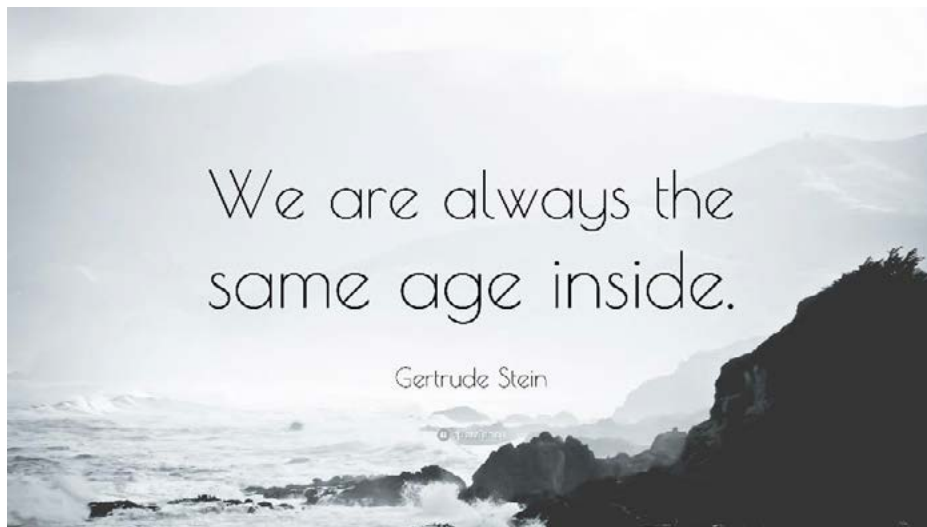
It is essential to view your aging as a healthy, normal part of life. You want to adopt the mindset that you will do whatever is needed to continue doing the things that you love and feel are important to you as you grow older.



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Every element of the Super Ager lifestyle is aligned with the continued improvement of your health and brings multiple benefits that promote a longer, more youthful, healthier, and happier life. These benefits are cumulative. They get stronger over time and spread into more and more areas of your life.

The philosophy of super aging is all about enhancing and optimising your life now - your physical, mental and emotional health, your wellbeing and happiness, and your success and fulfilment.



# Secrets of The Super Agers

## Chapter Five: Breaching Your Comfort Zone

There is one thing Super Agers do that appears to boost their life expectancy. Research suggests that moving out of your comfort zone is the key to staying mentally and physically young.

A trait Super Agers have in common is that they continually challenge themselves, routinely pushing past their comfort zones to challenge themselves both mentally and physically.

Pushing yourself - expending effort - often feels unpleasant. But Super Agers recognize that feeling bad can be good for you, at least in small doses.

This tenacity may be what gets Super Agers to push themselves, even when it means having to temporarily endure some modicum of pain. Your nervous system can handle small bouts of stress - it evolved to deal with these on a daily basis. In fact, it expects them. The occasional bout of physical and mental stress even helps you stay healthy.

Grit is the ability to take those unpleasant feelings and use them as fuel, rather than as a reason to apply the brakes. Researchers suspect that what Super Agers are doing is finding their "stress sweet spot" - that level which is just right for them, when attempting to push beyond the discomfort.

Challenge is the key. It is critical that we constantly challenge ourselves both physical and mentally; that what we do involves change or novelty.

After all - "If it doesn't challenge you, it doesn't change you!"

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And we must keep learning throughout our lifespan. This is essential to maintaining good cognitive function and cognitive reserve.

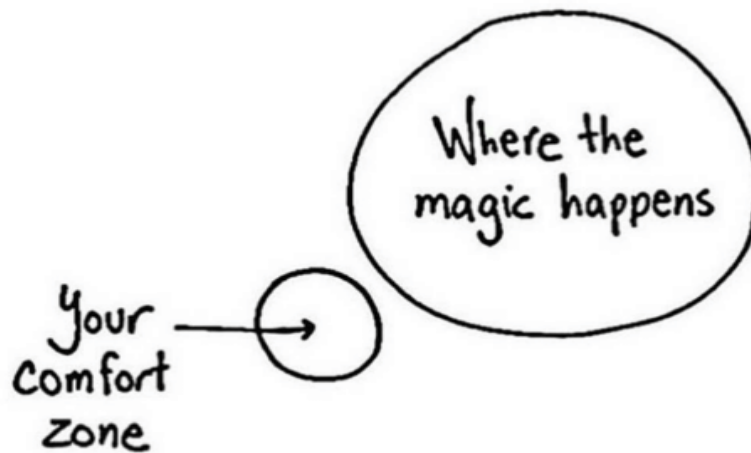
It is like going to the gym. When you start to do something like lift a weight, or do something new, it's difficult and it's challenging. In the act of the learning you generate new brain cells; you enrich your brain networks and you can even open up new neural routes that can be used to bypass any neurological damage at a later point in life.

But once we have learned something and can do things with relative ease, then we are on autopilot, and we are not generating new brain cells. So we have to push beyond that.

It need not be academic learning necessarily, this challenge to your mental faculties. Learning to juggle, or learning a musical instrument are excellent ways to stimulate the learning pathways in the brain - anything that makes your brain work harder to understand how to better accommodate the challenges of the world around it. It is also good for mental health because you are achieving new things all the time.

That pushing beyond our autopilot mode, our comfort zone, is not automatic for most people, especially as they move toward the retirement years - or even in their younger years. On the other hand, for older people who have consistently attempted to remain totally engaged with life, they do find that pushing beyond their comfort zone comes more easily. So they continue to do it.

# Secrets of The Super Agers



A positive mental attitude is absolutely essential, and probably the most important thing when it comes to keeping youthful. You have to be engaged and have a purpose in life. If you have what they call 'skin in the game', you stay connected. You can keep learning and keep growing, or you can start dying. In some ways, it's as simple as that.

A sunny positive disposition is something anyone can focus on and make central to their life. If you wish to become a Super Ager you may want to not give up work in favour of "traditional" retirement activities.

It is said that around a fifth of us will start mentally aging in our 30s. This means that subgroup of us begins to become boring, introspective, and angry at the notion of change. But, conversely, you can choose to fight this development, and stay out of the "wary of change" group (stay young-brained), by wilfully and consistently learning new things.

Retirement, that idea that you sit on a beach or play golf? I cannot think of anything worse. Sure, getting older is not for sissies. You have to push yourself when you are older because it's very easy to fall into the 'idle' trap.

It is important to stay the course. Yes, it can be frustrating to try new things. We are wired to avoid change. Yet there are great benefits that come from sticking with a challenge and mastering it over time.

# Secrets of The Super Agers

So, regardless of the nature of the challenges you set for yourself, whether it be to master a new instrument, or extend the length of your training sessions, be patient with yourself and keep at it. Soon, you will be able to do things you might never have thought possible while reaping the substantial side benefit of helping to sustain your mental capabilities.

Super Agers never retire. Instead they storm through life taking on tough challenges and building skills that enhance their cognitive function by creating new neural networks along the way.

This is in contrast to the typical older adult who tends to give up when the going gets tough. Super Agers share a willingness to endure discomfort and master new things, they move out of their comfort zones – often – to gain areas of expertise.

You may hear that you can exercise your brain by playing sudoku or other puzzle type activities. But these relatively mild activities are unlikely to increase your odds of becoming a Super Ager. The level of difficulty is simply too low, they barely move the needle.

These types of activities should be considered as relaxation, stress-reducing, or mindfulness. They do contribute to overall well-being, but it would be a mistake to think they have the power to rewire your brain for the better by increasing the number of neural connections.

You can build up your brain circuitry by challenging your brain (or body) hard enough to feel the strain through regular sessions of vigorous effort, whether physical or mental.



# Secrets of The Super Agers



## Chapter Six: Your Strength And Fitness Matters – A Lot

We are generally taught from an early age to manage and save our money for a rainy day. So we plan financially for our future needs. We write wills, make investments, and even pay professionals to make sure it is all done properly. But where does our health and wellness fit into this future planning?

Usually not at all. It simply does not seem to have the same importance as our financial concerns. Yet without our health and wellness all the money in the world is of little use to us. What we do in the way of strength building and maintaining exercise is going to have a huge impact on our health both in the short term and later in life.

You could think of your exercise program as a savings account at the bank. Every time you work out you are making a deposit that not only benefits you today, but is an investment in your future.

# Secrets of The Super Agers

Unfortunately, many of us focus too much on the present. We concentrate solely on just getting through the day, and then the week... We become so focused on the now that we fail to consider how our exercise decisions (or the lack of them) will affect us down the road. As the years pass we tend to become less active, settling into a lifestyle that often does not have much or any vigorous activity in it.

Unfortunately, the passing years bring change – cellular change in all body organs, tissues and systems. Those changes are accelerated or stalled depending on our actions.

Muscle mass is mandatory for healthy living and longevity. Yet every day since sometime in our twenties/thirties some of this muscle is lost each year. Not because we age, but because we stop doing those activities that require muscle power.

This gradual loss of muscle mass - known as sarcopenia - starts a vicious cycle as it weakens the entire body. The immune system, the nerve cells, the hormones, these are all negatively affected. All major organs including the heart and brain begin to downgrade. The body will lose 3 to 8 per cent of its muscle mass every decade (if not addressed with proper exercise). Then, after the age of 60, the decline in muscle tissue is more drastic still.

As muscle tissue and physical strength is being lost it is accompanied by a corresponding loss of bone density. Your metabolism (your body's heat engine) also slows down. Additionally, your blood-sugar tolerance is reduced and your odds of contracting an age-related disease risk go up because your immune system begins to falter.

If you have been sedentary for the most part of your life (exercise-avoiding) then your diet has likely also suffered throughout the years. A sedentary lifestyle coupled with poor nutrition is a formula for the early onset of disease and "age acceleration" in both body and brain.

Being largely inactive throughout life brings on a host of negative side effects. You invite joint and postural problems. Your muscles shorten and your joints become unstable as connective tissue (like tendons and ligaments) grow weaker. The end result is a body that hurts with general stiffness, weakness, and knee/back/joint problems.

# Secrets of The Super Agers

Although these are signs you are getting older they are also signs that you might be not doing enough strength-maintaining activities. This is not something to be ignored if you wish to enjoy a long and healthy life.

Being active combats many of the issues that make aging a scary proposition.

Strong, toned muscles are conducive to the super aging process, with sturdier tendons and ligaments to hold the bones, joints and skeleton in their correct places.



Both of these women are 80 years old. Your daily choices will determine how your future will unfold.

## Stress Can Make Us Age Faster

The biology of aging and the biology of stress are intimate friends, and they talk to each other and influence each other. The greater the feelings of chronic stress, the greater the signs of aging in cells.

# Secrets of The Super Agers

When our telomeres get too short (the end caps on our chromosomes), our cells are no longer able to divide faithfully. It becomes harder for our bodies to replenish tissues, and our chances of developing chronic diseases increase. Short telomeres in midlife predict an early onset of cardiovascular disease, diabetes, dementia, some cancers, and many other diseases often associated with aging.

But there are things we can do to counteract the toxic effects of stress and slow down the aging process. The big one is exercise and its ability to reduce stress and make you feel really good.

The big thing here is how we respond to our life situation. In other words, how much our mental filter – how we see the world – determines our reality, and how much we will suffer when we find ourselves in difficult situations in life.

It is so exciting to not have to think of that last third of life as so final any more. We can absolutely maintain a youthful state for longer. Even 15 years ago, if I had told you that you could stay healthy until you are 85 (or older), and you won't get cardiovascular disease or Alzheimer's, you likely would not have believed me. But we can do that now.

The most effective thing that can be done to “reverse the aging process” is to engage in regular strength training exercise. Muscles are the engines of our body where energy is released, power is produced, and movement originates.

When the muscles are worked (especially intensely) it triggers hormones that repair and renew the cells of our body. You become younger – not just a little bit younger, a WHOLE lot younger from the inside out!

Because the condition of our muscular engine has everything to do with the way we look, feel and function, strong, toned muscles are very advantageous and the only way to get strong muscles is to use them.

The truth is, if you are not building and maintaining muscle, then you are losing it. If your body is not receiving the necessary stimulus to trigger muscle growth, a slow process of muscle atrophy or wasting begins. This loss of muscle tissue directly or indirectly causes the degenerative processes and conditions that characterize the aging process.

# Secrets of The Super Agers

In other words, lack of movement is devastating to the human body.

Since most of us are employed in jobs that don't require maximum use of our muscles, we need to create avenues that actively engage and put them to use. Strength training exercise is the answer.

Only strength training can prevent age-related muscle loss. No other form of exercise or physical activity is adequate. Strength training is not only the most effective exercise in addressing the biomarkers that affect how young we look, but more importantly, how young we feel. It is empowered to reverse many components of the aging process and is probably the single most effective way to lengthen life.

Definition of what strengthening exercise is: "Taking the major muscle groups through their ranges of movement in a slow controlled manner under an adequate load."

Although aerobic activity helps your heart (the most effective fitness programs consist of a strengthening component and a cardiovascular component), they alone fail to stop muscle loss. Just being "active" is not enough either.

Becoming stronger is key. This is what helps you remain active for your entire life.

Strength training makes you stronger and improves the quality of your life no matter when you begin. Even if you have reached your nineties are currently enjoying life, strength training can add valuable, active years to your life.

In fact, six months of proper strength training has the power to turn back one of the body's molecular clocks and rejuvenate aging muscles to the extent that they are nearly as powerful as those found in someone much younger.

So you can see how important your health and wellness is especially as the years tick by. Fitness matters – a lot. In fact it is far more important than the accumulation of wealth, property, cars, or any other material items. What really matters is our physical strength and fitness and the influence it has over our health and wellness when we need it most - later in life.



# Secrets of The Super Agers

If you have been searching for the perfect anti-aging pill, search no more. Proper strength training exercise can rejuvenate and take years off your chronological age and it's all natural.

In other words, proper exercise adds years to your life and life to your years. It does not matter if you are a 40-year-old runner or a 75-year-old retiree when you begin.



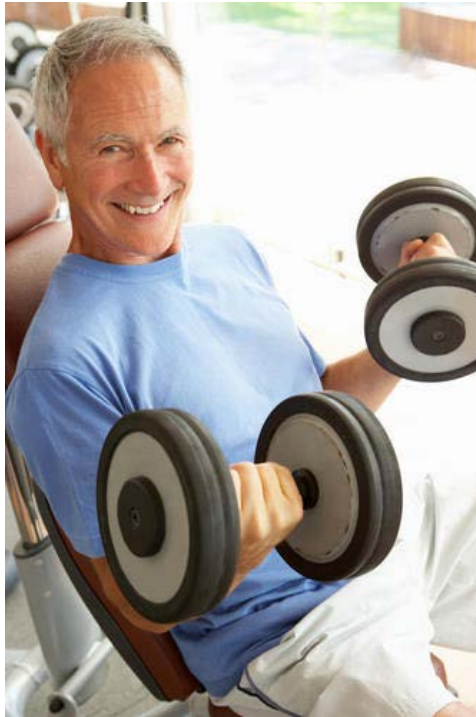
The bottom line is this – strength is not a luxury as we age. Increasing your strength is now a proven way to make the aging process turn around at the genetic level within the cell. It is an absolute necessity for longevity and health. Strong muscles lead to strong bones and increased bone mineral density.

Those that age well and seem younger than their years, they retain their lean tissue mass and enjoy a longer life, fewer illnesses, and better mental functioning.

The right exercise program will increase your lean muscle mass, and your metabolic rate – burning more calories and producing more energy. This is the real secret to turning back the aging clock.

# Secrets of The Super Agers

If you are not doing it already, get yourself started on a proper program that consists of mainly strength training exercise. That way, when you do get older, you will have a large balance of exercise points in the bank. Then you will be truly wealthy.



## Sneak Exercise Into Your Day

The base of your exercise program will consist of 2-3 strengthening sessions each week. Then by adding as much incidental exercise as possible you will be on to a winning program.

Incidental exercise is defined as any activity built up in small amounts over the course of day. It tends to be less structured than a planned singular bout of activity, and can occur in many forms and is usually completed in small bouts which accumulate over the day.

Making small modifications to how we approach normal daily tasks can assist with increasing our incidental exercise contribution to our daily physical activity. Some examples for how to increase your incidental exercise are:

Move in your lunch hour. Rather than taking lunch at your desk, use your lunch hour to go to the gym, speed walk, or run errands. Eat something healthy while on the go or have lunch at your desk later.

# Secrets of The Super Agers

Propose walking meetings. Change the pace of your workplace by breaking out of the conference room and doing walking-and-talking meetings instead of the usual sit-down ones.

Take advantage of stationary time. Whenever you are waiting in line or waiting for public transportation, use it as an opportunity to move your body. Flex your abdominal muscles, or do some squats, calf raises, leg lifts, or stretches.

Walk the dog. Power-walk or jog with your dog. Not only will you squeeze in more exercise, but your pooch will enjoy the extra walking time too. Don't have a dog? Ask someone in your family to be your walking buddy.

Work out around the house. Doing housework can be a great way to burn more calories. Move vigorously through your house as you vacuum, sweep, dust, and scrub. Wash the family cars by hand. Do yard work and gardening.

Don't let TV time be sedentary time. Set up a treadmill, elliptical machine, or a stationary stand for your bike, and squeeze in a workout while you watch television. Alternatively, clear a space where you can do floor exercises, lift weights, or do leg lifts with ankle weights while watching TV.

Get fit with friends. When a friend suggests getting together, don't always default to the usual dinner, drinks, or movie date. Propose something active like going for a hike, a game of tennis or golf, or go out dancing or to a yoga class together.

# Secrets of The Super Agers



## Chapter Seven: Nutrition For A Super Ager

### Join The Clean Eating Revolution

One way of eating that has gained popularity and is not another “diet” is called ‘clean eating’. Here is why I advocate for eating this way. When you do you can improve your health, lose weight, increase energy levels, and protect yourself from disease.

There is no health or fitness goal that you can achieve without first cleaning up your diet. Because of this, getting your nutrition right is one of the biggest challenges you will face when your goal is to improve your health.

Clean eating is the opposite of the typical modern Western diet which is filled with heavily refined and processed foods. The Western approach typically means lots of man-made unhealthy sugars and fats, additives, preservatives, colours, flavourings, and any one of the 14,000 chemicals approved for use in food production. This is not what the human body was evolved to metabolize and this reality is reflected in the fact that two thirds of us are overweight to some degree and many of us have multiple health issues.

# Secrets of The Super Agers

Sure, it is convenient to open a packet, can, frozen meal, or a container of food that we do not have to prepare and cook ourselves. But this convenience comes at a very high price on our health.

People are becoming more aware of the damage being inflicted on their health from eating these types of foods and they are looking for better ways to feed themselves and their families. Clean eating is perfect for doing just that.

What exactly is clean eating?

In a nutshell, clean eating is the practice of eating whole foods such as fruits, vegetables, lean proteins, nuts and seeds as close to their natural state as possible. This means choosing food items like an apple, a piece of grass fed beef, a bunch of spinach, a sweet potato, an orange, fish from the ocean, a handful of nuts and so on.



It also means getting your butt back into the kitchen and cooking from scratch the way our parents and grandparents did. Clean eating is the only way to avoid the chemicals that are destroying our health and giving our body the nutrient dense food that it has evolved on throughout the millenia.

When you are eating clean you stay away from the normal junk that makes up our standard diet. Anything that comes in a pretty box or packet with little to no nutrients whatsoever is eliminated, or certainly cut right back. An easy way to remember if a food is clean is: "if man made it, don't eat it."



# Secrets of The Super Agers

## Clean Eating Is Great For Losing Weight

Clean eating can increase the efficiency of our metabolism (our body's engine) increasing the rate we burn fuel (calories) every single minute of the day and night, both when we are active and when we are resting.

Natural whole foods contain lots of fibre. This makes you feel fuller for longer which helps you to eat less calories overall. One of the reasons many people first look at adopting clean eating is to lose a few (or many) pounds.

In addition to losing body fat, some of the first things people will notice when clean eating is an increase in energy and healthier looking skin and hair. Taking out all the additives, preservatives, and chemicals from the diet and filling your body with the nutrients it wants and needs, will help increase your energy and vitality as well as lead to a healthier appearance.

Another aspect of eating clean is to eat small frequent meals. Our standard diet of three square meals a day is outdated. It was great when we worked hard manually but now most of us spend hours sitting each day and we expend little energy. Eating smaller meals more frequently helps the body in a number of ways. It helps us to feel satisfied rather than feel "starved" at meal time, and thus running the risk of overeating.

If you are someone who is used to eating highly processed foods on a regular basis then breaking away from that will involve some perseverance on your part. That's because your body has likely become addicted to the chemical additives and man-made ingredients found in those foods. Just start adding in some clean foods to your diet. Then, once you make eating clean a habit, it will become part of your life.

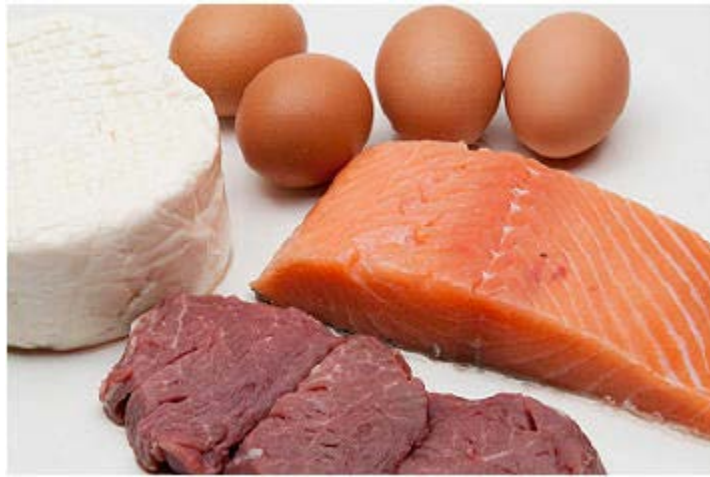
There is no single food that will significantly affect the aging process. An overall healthy dietary pattern - meaning the foods and beverages we eat day after day - really can make a difference in our health as we age.

That pattern can be summed up this way: Choose more whole foods (vegetables, fruits, legumes, whole grains and lean proteins) and fewer ultra-processed foods (fast food, soda, and sweets). These eating plans work because they are filled with foods that provide antioxidant and anti-inflammatory effects. At the same time they forgo foods which promote inflammation or the cellular damage that accelerates aging.

# Secrets of The Super Agers

## Getting Enough Protein

Another part of the aging process - loss of muscle mass - can be addressed through diet. The key is to get enough protein. Aim for 20 to 30 grams of protein at every meal, but not from just any source. Focus on fish, lean meat, free range poultry and eggs, soy, beans, lentils and Greek yogurt.



Protein is often not consumed in large enough quantities, older adults need enough high-quality protein in their diet to stimulate muscle development and retention, and one in three of us over age 50 does not get enough protein.

You can snack on protein sources like nuts, eggs, Greek yogurt, or string cheese. Also, add protein-toppers to meals, such as hummus to a turkey sandwich, diced chicken to pasta, or beans to salad.

# Secrets of The Super Agers

## Chapter Eight: Putting The Super Ager Philosophy Into Practice

What I have learned from observing Super Agers in the course of my career and life is that there are things they all seem to have in common – attitudes and behaviours they share that seem to be at the root of their youthfulness.

Here are some further interesting tips and a summary of what I have learned over the years that I wish to share with you.

### Set Your Attitude

Your attitude is vital to living a younger, healthier and longer life. Attitude has been shown to be a huge driver of all of these things. Our mind and mental attitude underpin all of our active choices and our unconscious choices. They are the ground zero for our decisions, choices and actions concerning positive living, lifestyle, activity, nutrition, exercise etc. They are also the way we create justification and perceived barriers for not taking, or not following through on, choices and actions that benefit us.

Our mental attitude is, moment-by-moment, the generator of our overall, and governing, positive (or negative) state of mind. Creating, nurturing, and sustaining a positive attitude as we move through life is essential to reaping the vast array of benefits for physical, mental and emotional health: youth enhancement, anti-ageing, longevity, cognitive benefits, success and happiness – and much more.

We all have the ability to adjust our mindset and attitude and that certainly includes the ability to move towards a more positive attitude, if that is not currently your starting point.

### Manage Your Mind

This follows closely behind setting your attitude, and as we have already emphasised, our mind underpins all of our active choices and our unconscious choices, decisions, actions, thoughts and emotions.

Knowledge is power and one of the most powerful pieces of knowledge for living a Super Ager life is this – our mind is immensely powerful, it is behind everything - and we can harness that power for our benefit.

# Secrets of The Super Agers

We are looking for outcomes like an enhanced life, better health (beyond simply not being sick), happiness, success, stress management, weight management, youth enhancement and so on.

If you were to ask someone what they thought was their strongest asset for achieving their goals, what do you think they might say?

I think their answer is likely to be - their mind. Then if you ask what they think is the biggest potential barrier they have to achieving their goals - the answer this time is likely to be... 'the mind'.

So, our greatest asset to living a Super Ager life can, if left unchecked, potentially be our greatest liability. It can send us in the opposite direction, often towards stress, anxiety and worry, or simply a neglecting of the core need to take proper care of ourselves. Here's the good news. We all have the ability to learn to better manage our mind and then start to harness its immense positive power.

## Exercise Your Way To Longevity

As already discussed, maintaining a healthy body weight and gaining or preserving lean muscle mass is vital for the strength and health of not only our muscular system but our bones as we age. It is critical to adopt a regular resistance training routine (strengthening exercise) 2-3 times a week to maintain lean muscle mass.

This loss of muscle mass does not just affect your physical performance or how you look in a swimsuit. It also impacts your longevity. Fortunately you can turn this around simply by electing to strength train.



# Secrets of The Super Agers

## Feed Your Body Well

Clean eating has become very popular in the health community as it is an easy and enjoyable way to eat. It is a diet pattern which focuses on fresh, whole foods.

It simply involves choosing minimally processed, real foods that provide maximal nutritional benefits. These foods are as close to their natural state as possible.

Important: Try to eat a good protein source at each meal.

Feed your body to reduce influences of inflammation (a major factor in premature ageing) and boost antioxidant protection. This means avoiding/reducing intake of things like sugar-based products, fried and processed foods, refined carbs (white bread, rice, pasta etc.), alcohol, baked products, etc – and, in turn – increasing consumption of ‘living’ foods (fruit and vegetables, especially those which are brightly coloured), nuts, beans and fish.

If you can eat clean 70-80 percent of the time it leaves a little wiggle room for eating whatever you like as follows.

## Eat What You Like (but in moderation)

Despite there being some basic rules about eating clean unprocessed food as much as possible there is no magical food which is exclusively eaten by people who age well. Instead, rather than what they eat, it is the way that they eat that matters. It is fair to say that you will likely not meet a Super Ager who has a faddy diet. They might eat some cream if they feel like it. They might have butter on their toast in the morning. They might eat some chocolate cake or some cookies or have a glass of wine.

They eat everything but – and this is the key bit – in moderation. They do not deny themselves anything, but at the same time they do not go over the top and over-indulge. They seem to have the balance just right. Diets and restrictive eating plans that cut out or ban entire food groups are not healthy and are not going to make you live a long and healthy life. Eat a little of what you want but get the balance right.



# Secrets of The Super Agers

Here are some more tips that will increase your chances of being a Super Ager.

## **Don't Put Your Feet Up**

Super Agers are always on the go. This is how they keep their minds so active. They are rarely hanging around the house. You do not have to go trekking in the Himalayas, but should be up and out of the house as often as possible.

Again, it all comes down to that zest for life and interest in things outside of yourself. Getting out of the house is how you meet people, connect with others, keep learning and engaging in the world. And all of this helps to keep your mind young.

## **Focus On Positivity**

Positive thinking has been shown to increase life span, improve physical health, and lower rates of depression.

Positivity is contagious. People who spend time with other positive people experience higher levels of happiness and health and increased longevity.

Create positive emotions for yourself by practicing positive emotion exercises and learning to feel good about your age.

Don't sweat the small stuff; accept what you cannot do, and ask for help when needed. Set goals for yourself and take control of the steps needed to achieve them.

Minimize life stress; practice healthy coping techniques, and learn to relax and unwind.

## **Take On New Mental Challenges**

These are new and engaging activities that challenge you mentally that you would not have done before. They may even seem a little intimidating to you. So if you are a regular book reader or do crossword puzzles, you need to go beyond that.

# Secrets of The Super Agers

Be a lifelong learner - engage in strenuous mental activity on a regular basis, enough to make you feel unpleasant in the moment. Pick a topic that has always interested you, whether it is chemistry or gardening or sports statistics and dive into it until your brain hurts.

Take classes which you find challenging, or work on a project that is difficult. Learn to play a musical instrument, or study a foreign language. Even things like painting, cooking classes, or attending a lecture are all great ways to keep flexing your mental muscle which in turn improves how it works.

If you fail at your task, do not fret, just try something else. The key is to push past the discomfort that comes with learning a new subject or skill.

## **Do Not Compare Yourself To Others**

This is the curse of modern life. Social media has fueled our obsession with comparing ourselves to others. But this is a sure-fire route to feeling bad about yourself and your life. It leads to worry and stress and displeasure in life.

After all, there will always be someone who earns more than you, has more material possessions than you or is more attractive than you. Once you start comparing yourself to others, you will start to have low self-esteem and low sense of self-worth. It makes you bitter, resentful, and unhappy, and nothing is more aging than these kinds of feelings.

Super Agers do not fall for this trap. Instead, they take the approach that their life is just what it is – no better or worse than others, just different. They take a relaxed, philosophical approach to life, happy when others have good fortune but are ultimately satisfied and happy with their lot, whatever that might be.

# Secrets of The Super Agers

## Be Relaxed About Life

So, Super Agers tend take things in their stride. They have a philosophical outlook on life, taking it as it comes. This is not to say they cannot be bloody-minded or cantankerous at times. But overall they find life intriguing, fun, and interesting.



## 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. I have talked to Super Agers that have told me how they packed in the job they didn't like, moved to a different country to pursue a dream, or otherwise changed direction in their lives.

Yes, it might not work out how you had planned. Perhaps it will still be good, just in a way you had not envisaged. If it is not, then chalk it up to experience and change it again. It does not always have to be big things either. Make an active choice about one aspect of your life every day, even if it is something small like switching off the TV to read that novel you have been meaning to get through for ages.

# Secrets of The Super Agers

Do not let your age deter you. As long as you are physically up to a challenge, your accumulated years should not hold you back.

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 Super Ager lives 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 Super Ager 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.

We can choose to be inspired and we can certainly choose, by our thoughts and actions, to be inspirational to others – no matter what age we are. For example, the research shows that as we age into our later years, we become;

- More grateful of life’s wonders and pleasures
- More comfortable with who we are
- More realistic, honest, and open
- More self-assured; less worried
- More appreciative and demonstrative of humour

and, equally wonderfully, we are proven to become wiser, to demonstrate greater wisdom, to excel in resolving conflict, and be better at self-regulation and managing our emotions positively.

We have a greater capacity to love and value love, greater empathy and caring skills – all wonderful things to share with others!

# Secrets of The Super Agers

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!





# Secrets of The Super Agers

## Chapter Nine: 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 the ideas of the super agers.

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?

# Secrets of The Super Agers

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](#)