

Ageless Beauty Tips

Ageless beauties... Do you know women who are healthier, happier, more confident and more beautiful today than they were 5, 10, or 15 or more years ago? Are you one of those women?

Being an ageless beauty isn't something that's reserved for a few. Anyone can be one by practicing these 10 easy-to-implement beauty tips.

- **Exercise.** Most ageless beauties have one thing in common: exercise. We engage in some form of physical exercise at least 5 days a week. Our routine falls into 3 categories: cardio, strength training, and flexibility (stretching). And, we engage in activities that we enjoy. For example, I love to dance. So, I dance at least 3 days a week – at home or at my gym. Whether at home or at my gym, I dance as if no one is watching.
- **Eat and drink more consciously.** This doesn't mean that we don't sometimes overindulge. For the most part, however, we watch what we eat and when we eat it. We include more fresh fruit, vegetables, and fish in our diet. And, we limit our intake of fried foods, red meat, prepackaged foods, sugary drinks, alcohol, and caffeine.
- **Establish and stick to a beauty regiment.** Clean your skin before going to bed, use a moisturizer daily, wear sun screen and avoid prolonged exposure to the sun. Make drinking more plain water a vital part of your beauty regiment. It does wonders for your body, especially your skin. Water helps to replenish skin tissues, moisturize skin and increase skin elasticity. It flushes out impurities in your skin, leaving you with a clear, glowing complexion; a more youthful complexion.
- **Update your appearance.** Don't let your wardrobe date you. While I don't obsess about it, I love to look fashionable – even when working out. I keep abreast of fashion trends. And, once or twice a year, I add a trendy yet classic item to my wardrobe.
- **Cultivate an empowering relationship.** An empowering relationship is a nurturing, supportive relationship that can show up in different ways: spouse, partner, boyfriend/friend or simply a bff (best friend forever). Not just anybody, but a person who shares your enthusiasm for living; and is willing to do things – like go dancing. For example, my 80 year old friend – an avid runner, golfer, and ageless beauty – has a boyfriend who runs with her at least 2 days a week. They

even trained for and ran a half marathon (13.1 miles). This new relationship has literally added even more “pep” to her step.

- **Embrace your age.** Ageless beauties don’t go around trying to “hide” their age. In fact, they broadcast it. They are so grateful to be among the living; and to be feeling and looking good. They understand that age is just a number; that age is about attitude, lifestyle, and the willingness to embrace change.
- **Set goals.** For the most part, I am goal oriented. I begin each year with something I want to accomplish. Goals give me a sense of purpose; something to look forward to. And, when accomplished, a sense of pride.
- **Smile.** A bright smile is your million dollar asset. You can work miracles with a smile. Smiling is a way to write your feelings on your face. It communicates that you are friendly, positive, and happy. To make sure your smile is bright, don’t neglect your teeth. Ageless beauties have great looking teeth. They brush, floss, and visit their dentist at least annually.
- **Embrace change.** The only thing constant is change. Commit to making the necessary changes in your life. Stop saying, “I can’t”. The only legitimate “can’t” is something you are physically unable to do. Even then, there may be a way.
- **Make thankfulness a habit.** Or as Andre Crouch sings in his song, **Let the Church Say...Amen**, “No matter how you’re feeling...or how your world is reeling...just say amen.” In other words, give thanks. Give thanks for little things. Every day and in different ways, give thanks or just say...**AMEN**.

Being an ageless beauty isn’t dictated by one’s genes, it’s about one’s attitude, lifestyle, and the willingness to embrace change. Are you an ageless beauty?

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