The TOPS Ten
Tips for Aging Gracefully

No matter our physical age, it is always important to grow older with grace and a sense of personal style. As we continue to find things that are important to us, perhaps this list can guide us.

1. **Embrace change.** It is inevitable, so make change work for you to shape your future.

2. **Love yourself.** Take good care of yourself. Take time for physical activity such as walking, exercise, yoga, etc. Invest time and effort into making your future bright and healthy.

3. **Inside counts.** Get healthy on the inside to help look healthy on the outside. Getting proper sleep and eating right are crucial.

4. **Nutritious choices.** Eat plenty of fruits and vegetables. Make sure you include foods rich in omega-3s in your eating plan, with tasty options like salmon, walnuts, flaxseed and more.

5. **Negatives are no-no’s.** Eliminate negativity from your thoughts. Focus on the positive. Work to reduce the effects of stress in your life.

6. **The skin you’re in.** Good skin care is important. Don’t forget to exfoliate and moisturize. Good skin care habits pay off in the long run. (Hey guys—and gals, too! Corn meal, right out of your cupboard, makes a fast and effective exfoliant! Cleanse face as you usually do. Afterwards, splash face with water, but do not dry. Pat about 1 tablespoon of uncooked corn meal onto your face, but not on eyelids. Gently, but firmly, rub the corn meal granules over your face, except for eyelids and the tender skin just below eyes. Rinse, pat dry, and smooth on moisturizing cream or lotion. Your face, now devoid of old, dead skin, will look more vibrant and feel wonderful.)

7. **Cultivate curiosity.** Aging well involves your mind as well as your body. Keep it active and it will serve you for a lifetime.

8. **Dress well.** Consider your body type as you age. Make certain that clothes fit correctly. Check out a tailor or seamstress to alter favorite pieces in your wardrobe.

9. **Crowning glory.** The proper hairstyle can take years off your looks and keep you looking bright and well-groomed.

10. **Forward we go.** Discover what is the next phase or adventure of your life and pursue it.