

# Maintaining these 9 habits, you don't want to get old

It can be said that people can not stop all signs of aging, because it is a natural, inevitable process that we all have to go through.

For us, skin care is always a very important thing. Everyone wants a beautiful young skin forever. However, at the age of 30, the body began to have dramatic changes. The signs of aging start to appear like gray hair, facial contours and wrinkles, weight changes . This is a natural development process, no one can avoid. Although aging cannot be avoided, we can absolutely slow this aging process with healthy habits or use natural foods to prevent signs of aging.

1. 12 natural foods that help your skin stay young
2. Want skin without wrinkles, long-term children eat these foods
3. How to protect skin from UV rays while indoors?

## 1. Laugh a lot



In those healthy habits, laughing every day is the simplest and best way to slow down the aging process and increase our beauty. A fresh, comfortable smile during the day helps increase blood circulation to the facial muscles, thereby slowing down the formation of wrinkles and facial contours.

## 2. Eat more fruits



Instead of using functional foods to provide nutrients for the body, you should use fresh fruit to eat daily, this is an extremely healthy food, they are not only It provides an abundance of vitamins but also prevents some diseases. Supplement your body with fresh fruits, especially berries such as plums, grapes . These fruits are rich in Vitamin C and high sorbitol, both help maintain moisture levels in the skin, prevent wrinkles, and sagging .

## 3. Massage



Facial massages, hands and feet are methods to stimulate new cells to grow, thereby slowing down the aging process, as well as preventing wrinkles and sagging appearance.

## 4. Eat lots of green vegetables



In addition to fruits, green vegetables are also a food not to be missed if you want to prevent skin aging. Antioxidants and Vitamin K in some vegetables such as propeller, kale, mint leaf . can promote the development of newly developed skin cells.

## 5. Eat fish



If you are not a vegetarian and are not allergic to fish, add fish to your diet, especially salmon, as they are rich in vitamin E and dimethylaminoethanol, both of which can slow down the process of degeneration. cells by nourishing cells.

## 6. Exercise more



We always know that exercise is a very healthy habit, exercise provides many benefits for the body, such as weight loss, heart disease prevention and immune enhancement. Forming an exercise routine 4 times a week will give you good health as well as improve blood flow to cells, thereby preventing signs of aging such as wrinkled skin, joint pain, fatigue due to age.

## **7. Limit processed foods**



Absorb too many processed foods such as fast food, pizza, burgers, fries . that put you at risk of facing health problems such as obesity, problems about the heart and other skin problems. According to studies, fats and toxins in processed foods can cause premature degeneration of cells, thereby accelerating the aging process.

## **8. Stress control**



Stress is a problem that we often encounter in life. When you are under stress your body will be affected a lot, which can lead to depression, high blood pressure and heart disease. Besides, excessive stress can also weaken cells and accelerate the process of degeneration, thereby making you older than your age. So avoid stress to prevent premature aging.

## **9. Avoid using excessive modern equipment**



In the era of booming technology, technology devices are indispensable in the lives of people, especially office workers who have to interact with computers for hours. There is no denying the benefits of these technological devices, but there are also immeasurable harms to our health and skin. Studies have shown that using too many gadgets can lead to the development of facial and road wrinkles around the eyes much earlier than usual!

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1. 12 things only "rustic" women can understand!

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