**Your Anti-Aging Checklist**

It’s never too early to incorporate healthy lifestyle changes. Here are simple things you can do today to keep your body around for years to come.

### Food and Drink
- Eat a focused diet of vegetables, fruit, meat that is not highly processed, and healthy fats (e.g., olive or coconut oil).
- Limit processed foods, especially processed carbohydrates.
- Excessive alcohol consumption speeds up aging. If you drink, limit to one drink daily for women or two for men.

### Incorporate Lifestyle Changes
- If you smoke, stop. The chemicals in cigarettes are carcinogens that cause premature aging.
- Protect yourself from the direct sun. Exposure to ultraviolet rays not only causes cancer. It also causes skin to age prematurely.
- Reduce stress. Try meditation, yoga or breathing exercises.
- Challenge your mind with puzzles or start a new hobby.

### Be Proactive About Your Health
- Schedule annual wellness exams, even if you feel great.
- Know your numbers. Get your blood pressure, cholesterol, glucose and hormone levels checked.
- Get your skin checked by a professional once a year.
- Talk with your doctor about when you should start cancer screenings and which ones are right for you.

### Exercise a Priority
- Get 30 minutes of moderate-intensity exercise a day, five days a week.
- Incorporate strength training into your workout two or three times a week.

### Get Enough Sleep
- Get seven to eight hours of shut-eye per night.

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*Work with your doctor to create an anti-aging plan that is right for you. Visit [healthcare.utah.edu/fad](http://healthcare.utah.edu/fad) or call 801-581-2897 to make an appointment.*

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