

York University Staff Association Health and Wellness News and Views

Staying young is not only about what you eat or drink and taking care of your body, but also about having a positive outlook on life. It is important to set goals instead of just wandering through life and taking it as it comes. It is never too early or too late to start looking after you. Start immediately!

The focus of the September issue of the York University Staff Association Health and Wellness News and Views is [Turning Back the Clock](#), and taking years off your life.



Well luck and genetics play roles in longevity, of course, but you can't control that. What are holding us back are bad habits. Here are a few ideas and new habits that could add years, and fun to your life.

Exercise Do we really need to exercise? (I feel like a broken record) Sometimes even the thought of it seems hard. The truth of the matter is that you'll be a healthier person for it and not just in terms of cardiovascular fitness. Exercise prevents disease. As an active person, you're less likely to develop cardiovascular disease, type 2 diabetes and osteoporosis, have a stroke or get certain types of cancers, such as colon and breast cancer. Physical inactivity is ranked just behind cigarette smoking as a cause of ill health and shortened life expectancy. Most importantly, exercise is believed to generate "happiness molecules" in a person's body, thus helping him/her live a happier, healthier, and longer life. Fighting aging every step of the way!

Top 5 Anti aging foods.

The general guidelines for the anti-aging diet are: Keep your **calorie consumption** and **saturated fat** intake down; eat plenty of whole grains, oily fish and fresh fruit and vegetables. Cut down on salt and sugar. In addition to these general guidelines, there are specific foods that have a roll in anti-aging and that you should regularly include in your diet.

Avocado: is a great source of healthy monounsaturated fat that may help to reduce a bad type of cholesterol in the body. Avocado is a good source of vitamin E and helps to maintain healthy skin and prevent skin aging. It is also rich in potassium which helps prevent fluid retention and high blood pressure.

Garlic: helps to protect the body against cancer and heart disease. The effects of garlic are well recorded. One 1994 study in Iowa, of 41,837 people between the age of 55 and 69 suggested that those who ate a clove of garlic a week were 50% less likely to develop colon cancer. Another study at Tasgore College in India suggested that garlic reduced cholesterol levels and assisted blood thinning more effectively than aspirin, thus helping to reduce the risk of heart disease.

Nuts : Most varieties of nuts are rich in potassium, magnesium, iron, zinc, copper, and selenium. Adding nuts to your diet can enhance the functioning of your digestive and immune systems improve your skin and prevent cancer.

Watermelon : both the flesh and the seeds of are nutritious. Watermelon flesh contains vitamin A, B and C. The seeds contain selenium, essential fats, zinc and vitamin E, all of which help against free radical damage and aging. Try blending the flesh and the seeds together in a food processor for a delicious healthy drink.



Water : Drink at least 8 glasses of water every day in order to remain healthy. Water helps us to get rid of the toxins and unwanted waste minerals in our body. Don't rely on thirst; this sensation diminishes as we age.

Anti-Aging Checklist

1. How many hours per week do you exercise?

Why it matters: If you log two-plus hours of physical activity a week, you're up to 30 percent less likely to die in the next 20 years than if you don't exercise at all. You could come out and take advantage of YUSA's lunch time fitness program, however any sort of exercise even if its frolicking in the surf or dancing to your favourite tunes, help keep weight and blood pressure in check.

2. What is your waist circumference?

Why it matters: Having a middle less than 37.7 inches around cut women's mortality risk by 23% compared with larger waistlines. Less than 35 inches is optimal.

3. How many hours of sleep do you get per night?

Ideal: 7 to 8. Why it matters: Snooze more than six hours a night and you are 12% more likely to live longer than those who logged six hours or less. Lack of sleep disrupts hunger regulating hormones, causing weight gain and related concerns.

4. Do you have a pet?

Why it matters: Pet owners have 40% lower risk of dying from a heart attack than non owners. Both cats and dogs can reduce loneliness and depression, emotions linked to mortality. Not ready to adopt your own fur ball? Pet-sit for a pal or walk dogs for a local animal shelter.

5. Do you smoke?

Why it matters: Cigarettes are the number-one preventable cause of mortality. Quitting smoking or never starting in the first place, significantly reduces your risk of contracting several life threatening diseases, emphysema, coronary artery disease and cancer just to name a few.

Positive Attitude

Adjusting your perception of aging while you are still young can have a tremendous effect on your life expectancy. What is so great about aging? Good question. Our society prizes youth and beauty above all. Messages about aging tend to emphasize the negative aspects. But, like fine wine, people should get better as they age. Experience combined with maturity, gives older people great insight. Older people are more in touch with spirituality and the priorities which have true depth. By following a simple, healthy lifestyle you can preserve your health and energy your whole life.

Aging –you can't prevent it, but eating right and staying fit can help keep you feeling and looking good throughout your life. My advice is to never stop HAVING FUN!!! I have many mottos but, most of all, I believe that moderation and balance are the keys to everything that you do!

[Imagine the possibilities if you believe in yourself.](#)

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