



Wendy V

Youngering Tips



Top Sleep Tips!

For Younger

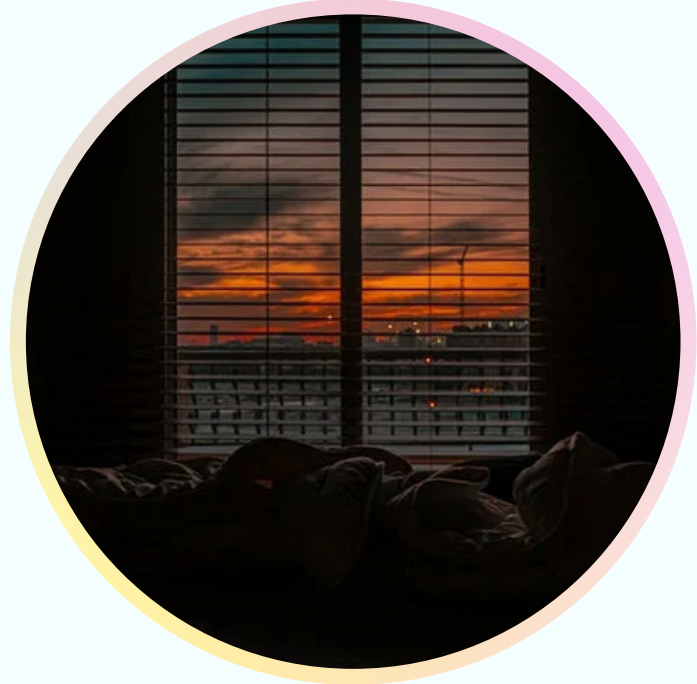


Ritualistic

- Create a routine
- Regular bedtime
- Sleepy tea
- Lights down
- Off screens at least an hour before bed

Environment

- Aim to make the room as dark as possible (Black out curtains)
- A cooler room is better for good sleep
- Try Mouth taping



Food/Meals

- Aim to finish your last meal at least 2 hours before bed
- Eat light at night
- Eat carbs at night

Top Mobility Tips

For Youngering

Start the day with rotations

- Even while lying in bed, you can start with ankle, wrist and hip rotations. Some knee hugs and some side to side movements.
- Then get up and do some roll downs, side bends and extensions.



Be aware of habitual movement patterns

- How we position ourselves at our desk. Carry a baby on the hip. Repeat a sports move like tennis or golf. The repeated single pattern movement will thicken connective tissue and create imbalances in the body. Try moving the body through a variety of patterns of movement. Try dancing, rock climbing, or/and Yoga.



Hydrate

- The connective tissue functions better (as does everything in our body) when it is well hydrated. Not only do we want to keep our H₂O intake up, we also want to keep moving to hydrate the tissue.



Top Exercise Tips

For Younger

Weights

- As we age we naturally lose muscle mass. This can cause joint instability, hormonal changes, lack of energy/vitality and weight changes.
- Maintaining muscle increases our stamina as it helps support mitochondrial function. As well as increase sex hormones like testosterone.



Train smarter not harder

- Interval training is very effective. Short, sharp bursts. Challenging the whole system. It's not always easy, however, it can be very time efficient! Even 15–20 min High Intensity can get you results. Mix it up. Weight/strength focused one day, cardio H/R focused another day. Add recovery days.



Get a **trainer**

- Even if you have been exercising all your life, it is helpful to find a great trainer that can work with where you are at. To adjust some of your techniques and to challenge you if you are going through a slump. To mix things up and challenge you to try something new. You can engage with a trainer sporadically. Just a few times a year to switch things up. As we live longer, we can get into comfortable patterns. Sticking to what we know, or just getting in a holding pattern. Break that pattern and keep challenging the system to adapt.



Top Nutritional Tips

For Youngering

Fasting

- When we shorten our eating window, and aim to have at least 12–16 hours between meals, we support the body in cellular renewal. The body goes through a process called Autophagy, where it releases debris from the cell.



Seed Oils

- This is a tricky one. Seed oils are found in just about everything. Get into a habit of reading labels. Keep an eye out for Canola oil, Sun flower Oil, Soy oil even rice bran oil. These are all toxic for our system and have neurotic qualities!



Improve Gut Health

- Health starts at the gut. Make sure your gut Biome is healthy. Try adding some fermented foods like sour kraut, kombucha or tofu. Aim to eliminate foods that disrupt your gut health. This is worth investigating.



Top Mindset Tips

For Youngering

Breathe

- Our mindset and stress levels can be regulated and affected by how we breathe. Try these techniques.
- To invigorate and lift your mood
- Breathe in dynamically, fully-breathe out effortlessly and just relate the breath. Longer inhale, shorter exhale.
- To calm down, soothe and relax
- Breathe in for 3 counts-breathe out for 6 counts. Shorter inhale, longer exhale. Try a sigh on the exhale.



Meditate

- I know, you hear it all the time. However, if you can find a technique that gets you into 'the zone', use it! TM, guided meditations, chanting, breathwork, find something that will help you to find the inner stillness.



Play!

- Don't take life too seriously. Remember to be playful. Break the rules a little. Be brave. Do something new. Laugh more. Take time out. Play!

