

KEEP THEM GUESSING ABOUT YOUR AGE

AGE DEFYING TIPS:

LOOKING YOUNG 'ROUND THE CLOCK



There's no reason you shouldn't look (and feel) youthful all day long. Here, an hour-by-hour guide to help you do just that. Remember, you're only as young as you feel!

7 AM

Replenish your skin with a UV-filled moisturizer. Not only will using a product like this protect your skin from the sun's unhealthy rays but certain face creams (like Olay Regenerist) do two things: They keep wrinkles at bay by minimizing fine lines and also go to work to regenerate new skin cells. The result: a youthful glow that lasts all day.

8 AM

Eat breakfast. Breakfast eaters are not only healthier, but statistically speaking live longer than non-breakfast eaters, says Kathleen Hall, PhD, founder of The Stress Institute. "People who reach the age of 100 consume breakfast more regularly than non-breakfast eaters," she says. In addition, eating breakfast increases your metabolism 25 percent and people who eat breakfast consume less fat and have a higher intake of essential vitamins and minerals and lower serum cholesterol. All of this leads to a lower instance of heart disease. All good reasons to eat that bowl of high-fiber cereal!

9 AM

Focus on having a stress-free day. Stress can make you look 10 years older than you actually are, according to a recent scientific study. So, to get your day off to a stress-reduced start, dedicate five minutes to doing some deep breathing. By taking the time to breathe, you'll help lower your blood pressure, release healing hormones and ultimately increase your ability to conquer any obstacle in your path, says Dr. Hall.

10 AM

Stay hydrated. To appear youthful, you need to stay hydrated, says Jill Fleming, MS, RD, author of *Thin People Don't Clean Their Plates: Simple Lifestyle Choices for Permanent Weight Loss*. To that end, aim to drink at least eight cups (or 64 ounces) of water every day. FYI: If you're a big coffee drinker, be sure to match each cup with a glass of water since caffeine-filled beverages are dehydrating.

11 AM

Apply a Crest Whitestrips Renewal strip to your upper and lower teeth per the package instructions and wear them for 30 minutes. Doing this twice a day for 10 days will do wonders to give you a whiter smile. Yet another reason to whiten? Stained teeth can make you look older than you really are! Get ready to smile...a lot.

NOON AM

Eat a smart lunch. A power lunch doesn't mean steak and potatoes anymore. Instead, be sure your lunch is filled with color (like such fruits and vegetables as carrots, peppers, apples and broccoli) and variety (like a soup and salad, veggie stuffed pita or turkey on whole wheat bread) to keep you feeling as young as your junior colleagues, says Mary Moslander, CEO and founder of LiveHealthier.com.

1 PM

Call a friend. During that post-lunch lull, a call to a friend can be just the thing you need to do to feel youthful and even reminisce about old times. Multiple studies show friendship is key to helping us balance work and family and keeping stress under control. In addition, other

studies have shown that friends do wonders to boost mental, physical and spiritual health, says Dr. Hall.

2 PM

Chocoholics rejoice! Indulging in a small piece of dark chocolate not only soothes the soul (and your cravings), but researchers believe it can also improve blood flow which is important to lengthen your life and keep you healthy, says Ann G. Kulze, MD, a physician in Charleston, South Carolina. Just be sure to opt for high-quality dark chocolate-not your favorite milk chocolate bar.

3 PM

Focus on your posture. There's no better way to feel youthful than having a body that isn't creaky and in pain all the time. To help feel rejuvenated, you'll want to sit up straight whether you're at your desk or driving your car, says Marilynn Larkin, a certified personal trainer. "The more aligned your posture, the less muscle and back pain you'll have and the more energetic you'll feel," she says. Her tip: Clasp your hands over your lower abdomen. Gently pull your abs in and feel them pull up behind your chest. You'll feel your chest lift and your shoulders move back and down. "This exercise helps reduce tension in your neck," she says. "This is especially important if you're sitting in the office all day, spending hours on the cell phone or having constant neck and back pain."

4 PM

Fit in some exercise. Whether you have 10 minutes or an hour, try to add movement into your day to boost your spirits. For example, drive over to your local high school and hit the track for a brisk power walk (and see if you can beat another walker to the finish line). The goal: At least 30 minutes or 10,000 steps most days of the week, Fleming suggests.

5 PM

Make time for yourself. It's easy to put everyone else first but consider 5 PM your time to do whatever it takes to unwind. Our suggestions? Meditate, read a book, knit a scarf or write about your day in your journal. Afterward, you'll feel an instant energy uptick!

6 PM

Challenge your brain. Whether you take a college course, help your teenager with her homework or do an extra-tough crossword puzzle, you're exercising your brain and these activities will do wonders to help you feel young and full of energy, says Dr. Hall.

7 PM

Enjoy a carb and protein combo dinner. Instead of a plate of pasta, this combo meal will prolong your energy for the evening as well as stave off mood swings that come from fluctuating blood sugar levels, says Joy Bauer, RD, a dietician in New York City. Consider this delicious option next time you're planning your menus: Grilled fish with sweet potatoes and steamed spinach.

8 PM

Giggle. If it's sitcoms you love, then tune in. Or rent your favorite comedy. Just be sure to let yourself laugh since the very act of giggling releases endorphins, the body's natural painkillers, says Dr. Hall. In addition, laughter lowers blood pressure, reduces stress hormones and boosts immune function. Next, switch off the TV and play a favorite board game with your spouse to help increase your creativity and optimism. Finally, if you really want to increase your serotonin levels, play your favorite music at the same time. You'll feel like a teenager again!

9 PM

Sip a cup of chamomile tea. Studies have shown that chamomile tea contains natural sedating properties which will set you up for a good night's sleep. And eight hours of sleep (if you can get it) not only keeps you healthy but ensures better performance, energy and zest for life the next day.

10 PM

Apply your second Crest Whitestrips Renewal strips for the day before you go to bed. Wear for 30 minutes and enjoy a good book or magazine. Remove strips before going to sleep. With Crest Whitestrips Renewal, you can take up to 20 years of stains off your teeth in just 10 days. What a great way to end the day!

Lambeth Hochwald is a freelance journalist and a contributing editor at Marie Claire magazine, focusing on shopping/fashion pieces. A lifestyles journalist who also writes for Cooking Light, Modern Bride, Parenting, Real Simple and Redbook, Lambeth has worked on such launches as All You, Bundle and For Me. She has written for such web sites as iVillage, Fashionwiredaily, where she was a contributing writer for three years, the Knot, LifetimeTV and MSN.

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