



# Anti-aging resolutions for 2022



The start of the year is traditionally accompanied by good resolutions, typically the replacement of bad habits with self-improvement of different kinds. Health is often at the top of our start-of-the-year priorities, so here are some simple advices to get started on a longevity optimized list of good resolutions (that are easy to follow and to keep all year long):



## 1- Become a part-time vegetarian

After the food excess of Christmas and new year celebrations, it's a good time to reset our focus on improving our health and longevity. A meat-free diet does have several demonstrated advantages but can also be hard to achieve for many food lovers. A solution that has pretty much all the benefits of a vegetarian diet is a "part-time" vegetarian diet, whereby you define days of the week when you can and can't eat meat. A good diet is a diet you can stick to in the long term, so by this way, you can help both your health and the environment without losing the pleasure of eating what you love.



## 2- Eat at regular hours and without snacks

Most people's daily activity is very regular from one day to the next, as such, the need for food should also be very regular and fit your daily needs. The intermittent fasting diet is one of the most popular nowadays because it activates recycling mechanisms within your cells. Ideally, try to set your diet with a very light (or no) breakfast, followed by an early lunch (12pm) and an early dinner (6pm). This kind of diet only works if you don't eat snacks in between your meal, and the easiest way to do that is simply not to buy any snacks!



### 3- Do daily short exercises

Just like diet, exercising is both very necessary for your health, however, can be potentially time and motivation consuming. Studies have shown that even a very short set of exercises has enormous health benefits if they are done daily. If you are not a gym fan and the very idea of doing sport makes you tired, this approach should work perfectly for you. Find a type of exercise that is both intense enough and short (below 5 min) so it doesn't feel like making much effort and that you can easily turn into a habit. You can, for example, do a 1 minute plank, 20 push-ups or 5 pull-ups every morning, that you repeat 2 or 3 times and can gradually increase in intensity.



### 4- Give another try to meditation

Besides your physical activity and diet, your mind also needs a little help getting through the year to come. Meditation has numerous demonstrated benefits for both health and longevity. You might already have given it a try but didn't manage to follow through, as it is often advised to do meditation for one hour a day. Just like physical exercises, even short sessions of meditation are extremely beneficial and there are ways to make it relatively easy to do it without any prior experience. One option is to simply go for a 10 min walk everyday and to try and focus only on your breathing movement during this walk.



### 5- Invest in your sleep quality

Sleeping is crucial for your brain and body health. During a good night's sleep, your cells are being cleaned up and your mind is organizing your thoughts. If you have a tendency for insomnia or simply irregular sleep quality, one of the best things you can do for your health is to work on ways to sleep better. The tricks are all very simple and include the same advice as in other good resolutions: regularity! To sleep well you first need to always sleep at the same time and to give yourself approximately half an hour for a "getting to sleep" ritual that will tell your body it's time to switch off. It does take a bit of tinkering to find what works best for you, but it is a very worthy investment. Try to get the recommended 8 hours of sleep and try to wake up at the same time even during weekends (you can stay in bed a bit longer though). Avoid alcohol in the evening as it disturbs the quality of sleep significantly.



### 6- Upgrade your supplement routine

For people invested in their health and longevity, the choice of food supplementation is an important one, but also a potentially confusing one, because of the vast number of options available. All anti-aging supplements claim to be the best and the only one that can affect your lifespan, but in reality this is pretty far from the truth. A supplement is by definition something that you miss in your daily diet to be healthy, so it has to be something personal (and personalized). Before going blindly toward the most convincing marketing campaign, you probably should start the year with a medical check-up and a blood test analysis to define where you are and what you need. If you want to opt for a more anti-aging option, go for the one that is the most supported by the scientific community.