

*The Secrets  
of Looking  
10 Years  
Younger*



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# The Secrets of Looking 10 Years Younger

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## 5 Details That Can Make or Break Your Look

Hair

Makeup

Clothes

Posture

Attitude

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## Secret Number One - Exercise Regularly and Maintain a Healthy Weight

### **The Benefits of Regular Exercise**

Your health and well being can be improved by becoming even moderately active on a regular basis. Contrary to popular belief physical activity need not be strenuous to achieve significant health benefits. Regular physical activity can improve your mood, the way you feel about yourself and will reduce depression and anxiety.

Regular physical activity that is performed 3 to 4 times a week reduces the risk of developing or dying from some of the leading causes of illness and death. Regular physical exercise reduces the risk:

- of premature death.
- of dying from heart disease. Daily physical activity can help prevent heart disease and stroke by strengthening your heart muscle, lowering your blood pressure, increasing levels of your HDL ("good" cholesterol) and lowering LDL cholesterol ("bad" cholesterol), improving blood flow, and increasing your heart's working capacity.
- of developing diabetes. By reducing body fat, physical activity can help to prevent and control type 2 diabetes.
- of developing high blood pressure.
- of developing colon cancer.
- of feelings of depression and anxiety.
- of developing back pain. By increasing muscle strength and endurance and improving flexibility and posture, regular exercise can prevent back pain.
- of developing osteoporosis by promoting bone density,. Regular weight-bearing exercise promotes bone formation and may prevent many forms of bone loss associated with aging.

It will help:

- improve body composition by burning fat

boost the immune system, improve mood and reduce the chance of depression.

How do I start?

It does not matter whether the type of physical activity you take up is sports, planned exercise, household chores, yard work, or work-related tasks - are all beneficial.

Many people stay away from physical activity because they believe that they have to exercise vigorously to reap the benefits. "No pain, no gain" is how some people still think of exercise. In fact, substantial health benefits can be achieved from regular activity without the need for special equipment, sporting ability or getting very hot and sweaty.

Studies show that moderate intensity physical activity – equivalent to brisk walking thirty minutes per day, 3 or 4 days a week, is enough to bring about real benefits in terms of promoting health and preventing illnesses.

Regular activity can also improve the way you look and feel. In combination with a balanced diet, regular activity can help to maintain a healthy weight. It can even boost self-confidence and reduce the risk of depression.

If you have been inactive for a while, you may want to start with less strenuous activities such as walking or swimming. If you have previously been inactive and 30 minutes of activity per day sounds overwhelming, separate in sessions of ten minutes.

Here are some tips to get you started:

- Walk around the block
- Rake leaves
- Play outside with the kids
- Walk up the stairs instead of taking the elevator
- Mow the lawn
- Do crunches and leg lifts while you watch television.
- When you can, walk, instead of driving
- Park your car a little farther away from your destination and walk the extra distance

The key to getting fit is finding an activity, or range of activities, that you enjoy. Exercise is usually seen as a chore not as fun, so finding something you like to

do will be much easier to keep doing. Don't choose an activity (especially if it's difficult) that you find boring and does not fit in your long-term fitness goals.

If you have no idea what type of exercise you will enjoy try new sports and activities until you find something you like. When you find something you like, try exercising with a friend, at a pace that still allows you to talk. Activities that you can do as a family or with friends may help with motivation.

The point is not to make physical activity something to look forward too. Before starting any exercise program, be sure to talk with your doctor.

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# Secret Number Two – Healthy Eating

## 10 Steps to Healthy Eating

**Healthy eating** helps you get the most out of life! It's key to looking good, feeling great and being your best. Remember the old adage – you are what you eat – when it comes to your skin, what you eat will have an effect on how your skin looks.

### 1. Eat a Variety of Foods

No single food can supply all the nutrients your body needs for optimum health. Eat a wide variety of foods to get all your nutrients.

### 2. Eat plenty of carbohydrates

Bread, pasta, rice, cereals or potatoes will add carbohydrates to your diet. Don't overindulge; eat 3 to 4 servings per day. Whole grain bread, pasta and other cereals will increase your fiber intake.

Try:

- whole grain cereals
- whole grain bread or rolls
- barley or brown rice
- whole grain crackers

### 3. Enjoy plenty of fruits and vegetables

Eat at least five servings a day.

- Dark green and orange vegetables and orange fruit are the best – they are high in nutrients and fiber. Eat a variety of vegetables and fruit every day.
- put fruit or berries in your cereal
- Keep a few pieces of fruit at work where you can see them
- have a salad with dark greens like spinach or romaine lettuce

make a vegetable stir fry for dinner.

#### **4. Use lean meat**

Meat and meat alternatives can be great for protein, iron and other nutrients. Meat, poultry, fish and seafood can be cooked and prepared in many different ways. For less fat:

- bake, broil, barbecue, or stir fry meat instead of deep frying

#### **5. Eat less fat:**

- use low fat salad dressing and mayonnaise
- add a splash of herbed or flavoured vinegar to salads
- try mustard, chutney or salsa on sandwiches
- use herbs and spices to season your food

#### **6. Eat in moderation:**

Keep portion sizes reasonable and eat all the foods you enjoy. Prepare your meals ahead of time to avoid eating junk, to avoid fast food and to control portions.

#### **7. Eat regularly**

Skipping meals, especially breakfast, can lead to out-of-control hunger, often resulting in careless overeating. To help curb hunger, eat 6 small meals per day.

#### **8. Drink plenty of fluids**

Adults need to drink at least 8 glasses of water a day! Drink more if it's very hot or if you are physically active. Drink juice and milk also, but don't drink much soft drinks, tea or coffee because they can be dehydrating.

## **9. Make changes gradually**

Gradual changes in your lifestyle are much easier to make than sudden changes. Keep a list of the foods and drinks you consume at meals and as snacks.

## **10. Have Fun!! Make healthy eating a part of your lifestyle.**

Don't feel guilty about the foods you love, rather eat them in moderation.





## Secret Number Three – Avoid Drugs and Alcohol

### Health and Alcohol

The health effects of alcohol abuse are serious. Studies show that women are particularly at risk; it has been found that women are more likely to have organ damage from excess drinking. Other health problems related to alcohol include:

- **Liver disease:** Women develop alcoholic liver disease more quickly and after drinking less alcohol than men. Women are more likely than men to develop alcoholic hepatitis (liver inflammation) and to die from cirrhosis.
- **Brain disease:** An abuse of alcohol will cause some loss of mental function, reduced brain size, and changes in the function of brain cells. Women are more at-risk than men to acquire this type of brain damage.
- **Cancer:** Research suggests that heavy drinking increases the risk of breast cancer. Alcohol is also linked to other cancers especially in heavy drinkers who smoke.
- **Heart disease:** Chronic heavy drinking is a leading cause of cardiovascular disease. Among heavy drinkers, men and women have similar rates of alcohol-related heart disease, even though women drink less alcohol over a lifetime than men.



## Secret Number Four – Take Care of Your Skin

### Taking Care of Your Skin

A basic skin care routine is a must for younger looking skin. The onset of puberty is a good time to start when the skin has an increase in oil production and tendency towards breakouts. Caring for facial skin is actually quite simple, consisting of four basic steps: 1) cleansing, 2) toning, 3) moisturizing and 4) foundation. This basic routine will keep your skin looking great throughout your life.

- **Step one:** cleanse and remove the dirt, makeup, and oil, from your face. Invest in a cleanser that is formulated for your skin type. You might want to seek out a professional to help you choose the product best suited for your skin type. Use your hands to apply the product using up and out motions. Do not pull or drag the skin. Pat dry with a clean, soft cloth.
- **Step two:** tone using a specially formulated toner or astringent applied to a cotton pad to remove any last traces of soap, makeup and oil. You will see the importance of this step after your first time doing it. Depending on your skin type you will want to choose a toner with or without alcohol. Dry skin types are best avoiding alcohol in toner while oil types will benefit from it immensely.
- **Step three:** Moisturizing is how we replenish the natural moisture that our skin loses through cleansing and daily life. Again, different skin types will require different types of moisturizers. Oily skin types will benefit from the use of an oil controlling moisturizer. Blend gently and thoroughly, and as always, do not pull or tug at the skin.
- **Step four:** Foundation is how we keep the moisture in our skin and the dirt out.
  1. For a natural look your foundation must match your skin tone. Test foundations along your jawline. You will know the best color because it will disappear into your skin.
  2. Spread foundation on your hands and pat it on your face, then smooth out with a sponge making sure not to pull or stretch the skin. Be extra careful in the area around your eyes where the skin is super thin. Don't forget to apply foundation on your eyelids and lips.
  3. To make foundation last apply moisturizer first giving the foundation a base. Dry skin will soak up the foundation if not given that base. For oily skin use an oil-free moisturizer and powder foundation

1. On hot days foundation can be difficult to keep looking fresh. Set your foundation in the morning using a loose powder and puff, then do regular touch ups throughout the day.
2. To cover imperfections apply foundation first and then go back and dot on a concealer that neutralizes red. For noticeable imperfections like very dark circles and birthmarks use a yellow concealer (available from Mary Kay). Don't use too much powder in problem areas because it will draw attention to it.
3. To avoid a foundation line around the jaw apply foundation as usual then use a little moisturizer in your hand and blend it down your neck.
4. For evening mix some shimmer powder with your powder and put it where you want to attract light such as the bridge of the nose, underneath the brow bone, the temples, cheekbone, chin and shoulders.
5. Always use a foundation with a sunscreen of at least 15 to prevent future sun damage.
6. Change your foundation shade if the color of your skin changes.
7. After you apply foundation go near a window to make sure it looks natural. Natural light is the ultimate test.

Use the first three-steps twice a day, once upon waking and once before going to bed. Extremely oily skin types may benefit from an additional gentle cleansing midday.

Other products that are a must in keeping skin younger looking are:

**Masks** - which work best if used twice a week. They are formulated to treat everything from very dry to very oily skin and can provide an intensive moisture treatment, a deep cleansing experience, or simply a gentle cleansing boost.

**Eye creams**- soften the tiny wrinkles around the eyes and are available in very light and sheer or very thick and creamy formulas. This is a product worth using after the age of thirty.

**Acne treatments-** such as those containing benzoyl peroxide can be highly effective in reducing the duration and redness of a pimple or blemish. Use according to the manufacturer's or your dermatologist's directions.

**Sunscreen** -with a SPF (Sun Protection Factor) of 15 is generally considered the minimum required to guard against risk of sun damage, skin cancer, premature aging, and wrinkling. It is important to find a sunscreen that protects against both UVA and UVB rays. Some moisturizers and foundations include sunscreens – look for one that does.



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## Secret Number Five – Avoid Smoking

### Smoking:

Along with sun damage and hard living, nicotine can add years to your appearance. In terms of ageing the effects of smoking are significant.

Smokers get more wrinkles and deeper wrinkles, all over their faces. A woman at the age of forty to fifty will have facial wrinkles similar to those of a non-smoker twenty years older. Part of this effect can be the nutritional depletions from smoking, the decrease in the body and skin's oxygen supply and the narrowing of blood vessels, which decreases blood circulation and constricts the tiny capillaries that nourish the skin. Smoking also robs the skin of collagen, which keeps the skin elastic. The wrinkling effects are reversible if women quit earlier enough. After decades of smoking the wrinkles become permanent.



## Secret Number Six – Positive Thinking

### Positive Thinking

Traditionally, positive thinking usually includes making repetitive positive affirmations to motivate the mind and performing daily meditation to calm the mind and body to deal with stress. All this takes time and effort and only a few people will stick to it and make a long-term commitment.

In the beginning it is common for those who have been thought to think “rationally” that positive thinking may be a nasty form of self-delusion that could ultimately clothe you into an unreality that could actually prevent success. Positive thinking does not exclude hard work and preparation however, positive thinking will be more rewarding when coupled with desire and action.

It is to be expected that there are many negative experiences occurring in life, which will affect us. An accumulation of these experiences can cause stress and inaction, which can affect our happiness, health and success. You are thinking negatively when you fear the future, put yourself down, criticize yourself for errors, doubt your abilities, or expect failure. Negative thinking damages confidence, harms performance and paralyzes action.

These negative thoughts can slip into our consciousness and do their damage unnoticed. If we do not challenge them, they can create harm and discomfort in our lives. The first step to challenging those thoughts is to become aware of them.

Common negative thoughts:

- Feelings of inadequacy --“I am trained for this.”
- Worried that your performance is not good enough –“I am prepared to do an excellent job.” “ I am a good worker”.
- Any anxiety regarding things outside your control – “I have thought through any problems that might happen and I am confident I can handle them”.

Worried about other people’s thoughts about you – “I will rise above any unfair criticism with maturity and confidence.”

## Secret Number Seven – Good Relationships

### What a Relationship Healthy?

- **Mutual respect** Does he or she listen when you say you're not comfortable doing something, and then back off right away? Does he respect your opinions, ideas and interests, not make fun of them, run them down or tell you you're wrong? Respect in a relationship means you value who the person is and would never challenge their boundaries.
  - **Trust** - Does your mate trust you to talk to the opposite sex without getting mad or making accusations? It's okay to get a little jealous sometimes - it's a natural response. But how you react when you're jealous is what matters, and there's no way you can have a healthy relationship if you don't trust each other.
  - **Honesty** – You can't have honesty without trust because it's difficult to trust someone when one of you isn't being honest or you don't feel comfortable. Can you trust your partner enough to be yourself and not have to worry about being falsely accused or rejected? Do you feel the need to lie to keep the peace? If you do that could be a problem.
  - **Support** - It's not just the bad times that we need our mates. In a healthy relationship, he's there with a shoulder to cry on when you lose your job, your best friend or make some costly mistake. He should also be ready to celebrate with you when you get some great news like a major raise or promotion.
  - **Fairness/equality** - The ability to give and take is the hallmark of a great relationship. Do you take turns choosing which new movie to see, which friends to visit? Things get bad fast when the relationship turns into a power struggle, with each of you fighting to get your way all the time.
  - **Separate Hobbies** - You need to make compromises in a healthy relationship - but that doesn't mean you should feel like you're giving in to all the other person's needs. It's healthy to pursue different hobbies and interests.
- Good communication** – Say what's on your mind. Never keep a feeling bottled up because you're afraid it's not what he'd want to hear. If he can't take what you have to say then maybe he's not the right person.

## Avoid these to keep from looking older

### **Hair**

1. After age 35 long hair will drag your face down and make you look older.
2. If you haven't changed your hairstyle since you were in your teens, there is a good chance that you look older (and it's your hair that is doing it).
3. As a rule, gray hair will make you look older, especially long, gray hair. If you want to keep it gray consult your hairstylist.
4. Get a fashionable hairstyle. If your style is from the last decade you will look older.

### **Makeup**

1. Always wear makeup. The correct makeup tricks will make you look younger. Go to a professional to learn.
2. Makeup worn incorrectly will make you look older instantly. The most common aging makeup mistake is too much or too much in the wrong place.
3. Keep your eyebrows under control. Unruly eyebrows will close the eye in a make you look older.

### **Clothes**

1. Don't wear clothes that you mother wears.
2. Don't wear clothes that are sloppy or too big
3. Do wear clothes that suit your personality and your body type. Just because it looks good on someone else doesn't mean it will look good on you.
4. Wear the right colours - wearing the wrong colours will make you look older.
5. Wear a bra that keeps your bust where it is supposed to be. A drooping bustline adds years.

### **Posture**

1. Pay attention to how you move and carry yourself. Posture plays a very important role in how old you look. Stand tall!!

### **Attitude**

1. A winning attitude and a pleasant disposition will create vitality and make people want to be in your presence regardless of your age.