

Exercises you should do to look younger

Written by Alan Prosser
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Taking excellent care of your body is one of the most vital components for maintaining a youthful, healthy appearance. Proper diet and exercise are essential for maintaining a healthy weight. Exercise is one of the most accessible and natural anti aging therapies because anyone can do it. Whether you have 500 dollars to spend on a gym membership and fitness classes at the top wellness center in the area or you chose to run around your local park for free, being physically fit can make you look better and feel better.

Someone who is overweight or underweight can look drastically aged. Someone who is fit and healthy might look significantly younger than they actually are. Exercise can help you acquire muscle definition and tone, tight skin, and even excellent posture, so taking the time each week and setting aside a few hours for exercise is a most worthwhile endeavor for individuals seeking various forms of anti aging therapy.

Essentially any form of exercise in which you chose to engage will help you look younger and healthier, but these particular suggestions are beneficial for people who might be a little older who want to begin getting into a fitness routine.

Focus on Upper Body:

A strong upper body is a good indicator of youthfulness for both men and women. Individuals who want to know how to look younger will benefit greatly from engaging in some basic upper body training. When you age, muscles begin to transform into fat and skin begins to sag in the upper body. Tightening this sagging skin and weak muscles can help greatly improve the youthfulness of your appearance. Basic exercises like bicep curls, chest presses, overhead presses, and concentration curls using free weights tighten and strengthen the upper body. Exercises such as push-ups or even using a rowing machine are also excellent suggestions for strengthening your upper body.

Walking:

Sometimes joint and extremity problems will prevent older people from running on a regular basis, so walking is a highly recommended exercise for people trying to keep their body looking young. Muscle tone and definition in your legs makes them appear strong and youthful. You might even feel confident enough to wear shorts.

Swimming:

Much like walking swimming is a good choice of exercise for older people because it is a low impact exercise. Running on the ground or on a treadmill can be wearing on your knees, ankles, and hips, so swimming is often recommended as an extremely effective form of exercise for those trying to look younger.

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Core Strengthening:

Though your days of wearing a bikini or muscle shirt might be passed, working on maintaining a strong core can be beneficial for those attempting to gain youthful appearance for a number of reasons. Firstly a tight tummy can make you look younger, but a strong core can also help you improve your posture and balance. The way a person carries himself or herself can be quite indicative of age, so working to develop a strong core can help you walk with a youthful confidence. Sit-ups, crunches, side bends, exercise equipment designed for strengthening the abdominals, exercise balls, and even medicine balls are all really effective tools used in core strengthening exercises.

Face:

Many experts do believe that it is possible to actually strengthen your facial muscles by doing exercises to rejuvenate the “out of shape” face. The exercises vary a great deal, but all involve the process of elongating of the facial muscles, then tightening of the facial muscles. Facial massages are also said to be helpful in making the facial muscles appear more youthful.