

PreventionGuide.

# AGE JOYFULLY

Your Best You!  
at 40, 50, 60, 70+

Keep Your  
Brain  
Sharp, p.58

SECRETS OF  
WOMEN WHO  
AGE WELL

The 5 Smart  
Things to Eat  
Every Day

EASY  
SHORTCUTS TO  
AGELESS SKIN

Speed Up Your  
Metabolism

Plus:  
What Doctors  
Tell Their Friends  
About Aging

MAKE  
YOUR HAIR  
FOREVER  
YOUNG, p.14

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# Be Your Best You



When your grandmother was the age you are now, the world was a very different place. Perceptions of women were such that there was little expectation they would remain strong, active, vibrant, and beautiful well into their senior years. But here's the deal: This simply isn't true anymore, ladies.

Growing older doesn't have to mean sitting on the sidelines watching younger generations grab the attention and have all the fun. You can own a piece of the joyful-life action too. This guide will show you how to look and feel younger than what that year on the calendar is telling you—and it gives you plenty of ways to get your body and mind as healthy as ever. It's time to raise the bar on what your golden years can give you. Your grandmother would be so incredibly proud of you for making that happen.

# Prevention. AGE JOYFULLY

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VCG 28-29  
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Callie Lipkin 43, 45  
Vicki Turner 46, 49  
Sang An 50-55, 57  
B2M Productions 63  
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## TEXT

Portions of this publication appeared previously in *Prevention*, *Good Housekeeping*, *Redbook*, and online.

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## ON THE COVER



← 22

← 38

← 50

← 8

← 46

← 66

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Printed in the United States.



# CONTENTS

8

## **Easy Shortcuts to Ageless Skin**

Meet your skin's makeup match with these scientifically tested winners, proven to deliver a flawless finish.

14

## **Keep Your Hair Forever Young**

Hair goes through its own aging process, from color shifts to changes in texture and volume.

22

## **Your Healthiest Body at Any Age**

Keep your heart, bones, and eyes in tip-top shape with our complete science-backed plan.

# CONTENTS



## 38

### **Get in Better Shape Than Ever**

You're more likely to stick with a diet and exercise plan if you find healthy habits you love.

## 46

### **Speed Up Your Metabolism**

Getting older doesn't have to mean gaining weight.

## 50

### **The Colors of Health**

Eat these five hues every day to get all the age-fighting antioxidants you need.

## 58

### **Boost Your Brain Power**

Improve your concentration, strengthen your memory, and build gray matter with these quick tips.

## 66

### **What Doctors Tell Their Friends About Aging**

We've all spotted our first wrinkle or now regularly reach for reading glasses.

## 72

### **Puzzle Power**

Keep your mind sharp and smart with this clever word game. Grab a pencil and you'll be ready!

# Easy Shortcuts to Ageless Skin

Tired of looking like you're tired? A smoother, more radiant complexion awaits you.

By Maddie Aberman

Get glowing  
from the  
inside out with  
these effective  
skin enhancers  
and fixes.



# APPLY YOUR VITAMINS

Antioxidants are the best defense against free radicals, destructive molecules in your body created by external factors like the sun, smoking, and pollution. Free radicals can cause skin cell damage that manifests as age spots, sagging, and wrinkles. The good news: Applying skincare products with antioxidants (especially vitamin C, one of the most proven and potent options) can help neutralize their effects and, over time, help repair signs of aging, says Dendy Engelman, M.D., a dermatologist in New York City. Smooth on an antioxidant serum every a.m., after you cleanse, for optimal protection.

## **OUR PICK**

**Olay Luminous  
Miracle Boost  
Concentrate,**  
\$27, drugstores





## ZEN OUT

Stress can show up on your face: When you're feeling it, your body produces more of the hormone cortisol. A small amount is normal, but greater levels can increase blood sugar and lead to premature aging and even acne, says Lauren Eckert Ploch, M.D., a dermatologist in Augusta, GA. "In the long run, stress can also decrease collagen production," she explains, which can bring on wrinkles and loss of firmness.

### De-stressing solutions:

Try a quick yoga session, mindful breathing, or soaking in an aromatherapy bath. "These help relax your body and bring your mind to the present," says George Slavich, Ph.D., director of the Laboratory for Stress Assessment and Research at UCLA. The result? A more peaceful you — and healthier, fresher-looking skin over time.

## PERSONALIZE YOUR SPF

We know wearing sunscreen is the single most important thing you can do to keep your skin youthful long-term. UV exposure causes about 80% of visible skin aging, a study found. And not only does SPF help prevent that, but research also reveals that applying a broad-spectrum SPF 30 sunscreen to your face daily improves crow's feet and skin tone even if you don't use other anti-aging treatments. Derms agree that the most effective SPF is one you're committed to applying (and reapplying) daily. Key to finding one you love: identifying the right formula for your skin type.

### OUR PICKS

FOR SENSITIVE SKIN:

**MDSolarSciences**  
Mineral Crème SPF 50,  
\$30, [sephora.com](http://sephora.com)

FOR OILY/COMBINATION

SKIN: **Hawaiian Tropic** Silk  
Hydration Weightless Face  
SPF 30, \$9, drugstores

FOR DRY SKIN: **Clarins**  
UV Plus Anti-Pollution  
Broad Spectrum SPF  
50, \$43, [sephora.com](http://sephora.com)



## SLEEP AWAY WRINKLES

Beauty sleep is real: Important natural repair processes in skin occur as you doze, and when you get adequate shut-eye (seven to nine hours per night), your levels of the stress hormone cortisol have time to lower and your natural moisture barrier isn't compromised.

Without sufficient sleep, "the body ends up in a state of 'go, go, go,' which is not ideal for our health, especially for skin," says Daniel A. Barone, M.D., assistant attending neurologist at New York-Presbyterian and Weill Cornell Medicine and author of *Let's Talk About Sleep*. More reason to squeeze in extra z's: A study showed that women who didn't get enough quality sleep had more signs of skin aging (lines, spots) and slower sun damage recovery than those with good habits.

**Sleep-easy tricks:** If you can't fall asleep or wake up in the middle of the night, focus on your breathing, keep your eyes closed, and avoid looking at the clock, which can increase stress.

## HYDRATE, HYDRATE, HYDRATE

Moisturizing is crucial for anti-aging, even if you don't have dry skin. "It protects the skin barrier," Engleman explains. The healthier your barrier, the better your skin's defense against inflammation and damage, which can lead to dark spots, fine lines, and wrinkles.

**Pro tip:** Massage your moisturizer in as you apply it. "This will increase its absorption and effectiveness, and improve circulation, she advises.

### OUR PICK

**Caudalie**  
Reservatrol Lift  
Night Infusion  
Cream, \$76,  
[caudalie.com](http://caudalie.com)



# Keep Your Hair Forever Young

Hair goes through its own aging process, from color shifts to changes in texture and volume. But you don't have to concede to any of that. Here's how.

**By Marisa Oliva**

Let your hair down!  
Lustrous locks  
look youthful on  
women of any age.



## GO GRAY OR NO?

It's a question that most women ask themselves eventually. Continue paying for color, or run the risk of aging yourself by two decades overnight. But now that even some twentysomethings are choosing to dye their hair gray, can we just make it official? Silver hair doesn't say anything about how old you are. "When you go gray is based entirely on genetics, and you shouldn't believe anyone trying to sell you a pill or magic diet that claims to slow down graying—there's no such thing," says Francesca Fusco, M.D., an assistant clinical professor of dermatology at Mount Sinai Health System in New York City.

While science may not have cracked the code yet on how to stop grays from growing in, the right color can keep them hidden for as long as you want. "Brunettes should look for a permanent at-home dye that's a shade darker than their natural color—rich tones cover coarse grays better. Blondes should steer toward a hue that's more ashy than golden, which helps grays blend in seamlessly," says colorist Sharon Dorram, cofounder of Sharon Dorram Color at Sally Hershberger Salon in New York City.

If you're more than 50% gray and it reemerges only a few weeks after coloring your hair (a common problem, since dye rinses out of porous grays faster), try leaving the formula on your head for longer, up to 30 minutes.

Of course, you may decide after



coloring your hair for a while that you want to call it quits and live out your life as a silver fox. "A colorist can ease the transition by weaving in some highlights and lowlights so the grow-out is less obvious," says Dorram. Once you're fully silver, keep it shiny by using an at-home clear gloss once a week (we like **John Frieda** Luminous Glaze Clear Shine Gloss, \$12, drugstores)



and washing with a purple-tinged shampoo such as **Nexxus** Color Assure Long Lasting Vibrancy Blonde Assure Purple Shampoo (\$12, drugstores) to avoid a yellowy cast. “If your hair does get brassy, you can fix it by pouring a quarter-cup of apple cider vinegar all over just-shampooed hair. Work it in with your fingers for a minute, then rinse with water,” says Dorram.

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**The right color  
can keep grays  
hidden for as  
long as you want  
to cover them.**

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# CREATE LUSH, LOVELY VOLUME

Thick hair is a sign of youth for a reason. “Around our late 30s or 40s, the diameter of our hair follicles starts to shrink, causing individual hairs to grow in finer,” explains Fusco. To help bulk up wispy strands, consider having your hairstylist make some tweaks to your cut. “If you have straight hair, a blunt haircut keeps weight in your style so it looks thicker,” notes hairstylist Matt Fugate. “A few layers in the front are flattering, but too many choppy ones all over can zap volume.”

If you have curls, however, layers create the opposite effect, helping them stay bouncy and full. “Ask your stylist to trim your hair using regular scissors, not a razor or thinning shears, which can make curls or waves look a bit tattered,” says Fugate. A simple styling trick can also make a difference on all types of fine hair. “Blow-dry your hair until it’s about 50 percent dry, then apply a volumizing spray throughout the top sections—this way, the product doesn’t get diluted by fully wet hair,” he explains.

While nearly everyone will experience finer hair at some point, “if you start noticing large amounts of strands in your brush or shower drain, a widening part, bald spots, or a receding hairline, see your dermatologist, as these are all symptoms of female-pattern baldness,” says Fusco. Currently, the only FDA-

approved ingredient for treating hair loss in women is Minoxidil, which is in Rogaine and other over-the-counter topical treatments. “Minoxidil reactivates hair follicles that have essentially gone to sleep so they begin producing again, but you have to use it every day for three to six months before you start to see any regrowth,” says Ted Lain, M.D., a board-certified dermatologist in Austin, TX, who specializes in hair disorders. (Try **Women’s Rogaine 5% Foam**, \$30 for a two-month supply.) “Another option is Spironolactone, which is a prescription blood pressure medication that has a side effect of reducing hair loss,” says Lain.

As for the daily supplements that are designed to help hair grow faster, hairstylists swear by **Viviscal ExtraStrength** (\$50 for a 30-day supply), saying that they notice a difference in their clients’ hair within a few months after they start taking the vitamin.

Some dermatologists like Nutrafol, “a supplement that contains ingredients that not only speed up growth, but also help hair grow in thicker and minimize fallout,” says dermatologist Jeanine Downie, M.D., founder of Image Dermatology in Montclair, NJ. For an immediate fix, “a tinted dry shampoo in your shade spritzed at the roots will plump up strands and coat the visible areas of your scalp, so it’ll appear as though you have more hair,” says Fugate. Try **Batiste Hint of Color Dry Shampoo** (\$9,ulta.com), which comes in three colors.



If your hair isn't as thick as you'd like it to be, it may be worth considering topical treatments or nutritional supplements.



## BOOST SOFTNESS AND SHINE

You know how your skin gets drier over time? Well, the same thing goes for your scalp, too. “When oil glands on the scalp slow down their production, your hair will feel drier and be less glossy, and it may be more prone to frizz and breakage,” says Lain. There’s one really

easy fix that also works double duty by sparing you some rushing around in the morning: Only wash your hair two or three times a week—even less if you can get away with it—so it can hold on to its natural oils. “When you do shampoo, use a hydrating or smoothing formula to help nourish hair,” Fugate suggests. **Dove** Daily Moisture Shampoo (\$4, drugstores) contains lightweight emollients that won’t weigh it down. “On in-between shampoo days, mist the length of your hair with a dry



## **YOUR TOOL KIT FOR HEALTHY, PRETTY HAIR**

**SHAMPOO:** **Pantene** Pro-V Micellar Gentle Cleansing Water Shampoo, \$6, drugstores

**STYLING PRODUCT:** **Nioxin** 3D Styling Thickening Spray, \$15, Ulta

**ROOT CONCEALER:** **Developlus** No Gray Drops, \$6, Walgreens

conditioning spray, which helps add hydration, but it doesn't make the hair greasy the way a cream formulation can." (We like **Aveda** Shampure Thermal Dry Conditioner, \$31, [aveda.com](http://aveda.com).) Then, once a week, give your hair some homemade love with this DIY deep treatment trick from Fusco: Warm a scoop of coconut oil between your palms and spread it on the bottom half of your dry hair; leave it in for at least an hour, then shampoo it out. "Coconut oil not only conditions, it's

also been shown to decrease hair's protein loss, helping it stay resilient," she says. It also doesn't hurt a thing to up your intake of protein and omega-3 fatty acids in your diet either, since both can help hair grow in stronger and extra lustrous. "Aim to have three 4-oz servings of protein-rich meat, fish, nuts, or yogurt, and at least one serving of healthy fats like avocado, salmon, or walnuts every day," says Fusco. After all, you are what you eat, so consider this the ravishing-hair special.

3

# Your Healthiest Body at Any Age

Keep your heart, bones, and eyes in tip-top shape with our complete science-backed plan.

By **Jessica Brown**



Stay strong and flexible! Growing older doesn't mean that your body spirals into a permanent state of decline.

# HEART



One of every four female deaths is due to heart disease, making it the leading cause of death for women. That's important to know, says Nakela L. Cook, M.D., chief of staff in the Office of the Director at the National Heart, Lung, and Blood Institute, "because one in three women already have some evidence of cardiovascular disease." Whatever your age, you can use this advice to lower your risk and keep your ticker healthy.

# 40s

## **Follow a heart-healthy diet.**

That means a diet low in saturated fat and rich in fruits and vegetables, whole grains, and nuts. “Portion sizes are important, too,” Cook says. The heart-healthy DASH diet—which stands for Dietary Approaches to Stop Hypertension—is promoted by the National Heart, Lung, and Blood Institute as an effective way to reduce blood pressure and stay at a healthy weight.

## **Increase your physical activity.**

Aim for 30 minutes a day most days of the week, advises Cook. “Even if you do small increments of activity that get your heart beating faster, like 10 minutes here and there three or more times a day, it will have an impact on your cardiovascular health,” she says.

## **Take steps to combat stress.**

“This tends to be one of the busiest decades in women’s lives,” says Christine Jellis, M.D., Ph.D., a cardiologist with Cleveland Clinic. “Many women work full-time, have young children, and might be caring for older relatives. It’s easy to forget about our own health.” People dealing with high levels of stress often don’t have time for adequate sleep, relaxation, exercise, or healthy eating, she explains—all of which are important for keeping the heart healthy.

**Know your numbers.** Get baseline screenings for blood pressure, weight, cholesterol, and BMI. Your risk of heart disease in your 40s is still

relatively low, but undergoing hormone therapy or smoking and taking oral contraceptives increase that risk.

# 50s

## **Focus even more on diet and**

**exercise.** “This is a decade when women tend to gain weight,” says Cook. If you aren’t monitoring it, weight can creep up slowly until the time comes when you have to make drastic changes. Paying attention to what the scale is showing you now can head off a more serious problem later on.

## **Talk to a health care provider about the pros and cons of estrogen**

**therapy.** “Taking hormone therapy as a primary way of preventing heart disease is not recommended,” says Cook. “But we are starting to learn more about how estrogen can protect women’s hearts at different times in their lives.”

## **Ask your doctor about vitamin D.**

New research is looking at whether vitamin D supplementation can reduce the risk of heart disease. Although the final results aren’t in yet, many doctors believe that vitamin D—which the body absorbs from food and produces after exposure to sunlight—plays a vital role in overall health and heart health and that it’s important not to let your level get low. “A lot of people living in northern regions don’t get adequate sun exposure and are deficient in vitamin D,” says Jellis. “Ask your doctor for a blood test that will check your level, and consider taking daily supplements if your doctor discovers that your level is low.”

# 60s

## **Keep an eye on your numbers.**

Have your blood pressure, cholesterol, weight, and BMI checked at least annually to make sure your risk factors stay low.

**Limit the salt in your diet.** Even if you've never had high blood pressure, reduce your salt intake to keep it in check. "As people get older, the artery walls get stiffer, which increases the risk of hypertension," explains Jellis. "People who don't have a history of it may develop it because of this increased stiffness." Other medical problems that become more common with age, like diabetes and kidney disease, also make high blood pressure more likely.

**Ask your doctor about daily aspirin.** "Aspirin is recommended when the potential benefit seems to outweigh the side effects, and after age 65 is the right time for women to have that conversation," says Cook. Daily aspirin may help prevent heart attacks and strokes caused by blood clots, but possible side effects include gastrointestinal bleeding and increased risk of a hemorrhagic (bleeding) stroke.

**Pay attention to symptoms.** Chest pain is the major sign of a heart attack, but women may also experience less-typical symptoms such as shortness of breath or back pain. "Jaw pain, nausea, increased fatigue—all can be atypical symptoms of coronary artery disease," says Jellis. "Listen to your body and seek an evaluation if you're concerned so you don't delay getting diagnosed."

# 70s+

**Keep moving.** Problems like arthritis or osteoporosis may mean that the type of activity you did previously is no longer comfortable or possible, but it's still important to get regular exercise. "Workouts can be tailored to people with special health conditions or needs," says Jellis. And while cardio activity is obviously very important for heart health, women also need to maintain strength, such as with weight training, for overall health. "A good workout is a balance of the two," Jellis says.

**Maintain your social ties.** "Depression can have an impact on cardiovascular risk," says Jellis, "especially as we get older and may become more isolated." If you can't see friends in person, set up a Skype call or online chat group. Sign up for local activities or classes to meet more people in your community.

**Consider signing up for a clinical trial.** Your doctor can help you find one that's studying heart risk factors (like diet or genetics) or treatments. "Older patients are sometimes underrepresented in studies," says Cook. "It's important to have them participate so we can learn if recommendations for younger patients also apply to them." For instance, one large NIH trial of blood pressure therapies, called SPRINT, had a specific component for people 75 and older. "We learned it was very important to think about reducing high blood pressure in patients this age," says Cook, "just as we would in patients who are younger."



Signing up for a clinical trial can empower you to help doctors find treatments that are most effective for older adults.

# FRIENDS CAN BOOST HEALTH

**As we get older, our pals have a bigger impact on health and well-being. Even more so than family.**

====

The power of friendship may be even stronger than we ever knew — particularly as we grow older. A 2017 study of roughly 280,000 people found that even more than family, our friends have a positive effect on the quality of our lives. Researcher William Chopik, Ph.D., an assistant professor of psychology at Michigan State University, found that friendships were related to higher levels of functioning among older adults, where familial relationships had little to no influence on health and well-being. The study authors say that if friendships last through adulthood, they're usually the ones that are deeper and make us happy. And since family members often become the caregivers, there can be a sense of obligation, rather than fun, when you spend time together. So if it's been a while since you've chatted with your best buddy, thank her for being a friend.





# BONES



"Bone is a dynamic tissue," explains Andrea Singer, M.D., clinical director of the National Osteoporosis Foundation. "Old bone is constantly being broken down and replaced with new bone." Until your 40s, the rates of breakdown and formation are relatively balanced; after that, bone loss exceeds the rate of new growth. While you can never regain the peak bone mass of your earlier years, you can significantly slow the loss, Singer says. These strategies can help.

# 40s

**Know your osteoporosis risk.** Your odds of developing it are determined by a variety of factors. Family history and the bone mass you built in your youth have a major effect on your risk, but so do certain illnesses and medications. “Conditions like rheumatoid arthritis, celiac disease, and Crohn’s disease can speed bone loss, as can medications such as corticosteroids,” says Wayne Johnson, M.D., a spokesperson for the American Academy of Orthopaedic Surgeons (AAOS). Race is also a factor: Women of Caucasian and Asian descent have the greatest risk.

**Focus on calcium and vitamin D.** The two work in tandem to protect your bones: Calcium helps build them and slows the rate of loss, and vitamin D helps your body absorb calcium. “Unfortunately, too many Americans fall short,” Singer says. Women in their 40s should get 1,000 mg of calcium a day, ideally from foods such as yogurt, milk, fatty fish like salmon, and leafy green vegetables. “If you’re eating three or four of these foods each day, you’re probably getting enough calcium,” Johnson says. Vitamin D, on the other hand, is hard to get from diet alone. You can get some or all of the 600 IU you need daily from sun exposure, but because sunscreen use and the time of year can interfere with the process, it’s not a reliable source. Ask your doctor if you should test your vitamin D level to see if you would benefit from a supplement.

**Choose bone-strengthening exercises.** Strength training using a set of weights or just your body weight and weight-bearing exercises such as walking, jogging, and stair climbing are the best activities for protecting your bones, Johnson says. These moves put stress on your skeleton, which causes new bone tissue to form. The AAOS recommends that women do 30 minutes of weight-bearing exercise four or more days a week, along with at least two strength-training sessions, for optimal bone health.

# 50s

**Boost your calcium intake.** The requirement is higher in this decade: Women ages 51 and older need 1,200 mg daily (up from 1,000 mg for younger women). It’s best to get calcium through diet if possible. It’s also wise to limit your intake of alcohol, salt, and caffeine, since all three can speed bone loss, Singer says.

**Follow a low-inflammatory diet.** Add “stronger bones” to the many benefits of anti-inflammatory eating plans such as the Mediterranean diet. A 2017 *Journal of Bone and Mineral Research* study of women ages 50 to 79 found that those with the least inflammatory diets—high in fish, fruits, vegetables, and whole grains—lost less bone density over six years than women with the most inflammatory diets.

**Ask your doctor about bone-density testing.** While the US Preventive Services Task Force recommends that all

women have their bone mass measured at age 65, your doctor may advise you to get tested now if you have risk factors. These include a recent fracture, a height loss of ½ inch or more within one year, or a total height loss of 2½ inches from your original height. Women with certain lifestyle factors, such as alcohol abuse, smoking, or prolonged physical inactivity, may also need to be tested earlier, since they're at greater risk of developing osteoporosis or its precursor, osteopenia, at a younger age, Johnson says.

## 60s

**Get a bone-density test.** All women 65 and older should have their bone density measured, according to the US Preventive Services Task Force. If the test shows you have low bone mass, you won't necessarily develop osteoporosis or break a bone. But it does place you at a higher risk and gives your doctor an opportunity to help you head it off. "Depending on how advanced your bone loss is, your doctor may recommend medication to help slow or stop it or to rebuild bone," Singer says.

**Minimize your risk of falling.** About 1 in 3 people over 65 fall each year, and many of these falls result in broken bones. Wear shoes with nonslip soles indoors, remove throw rugs that you could easily trip over, keep hallways and corners well lit, and take extra care with medications that can affect your balance or make you drowsy.

**Reevaluate your exercise routine.** Both Singer and Johnson recommend that you have a discussion with



your doctor about which types of exercise are safest for you at this stage of life. Low-impact activities such as walking and swimming may be a better option than high-impact activities, particularly if you have been diagnosed with musculoskeletal conditions such as arthritis. "This is also a good time to try tai chi or yoga," Johnson says. "Both of those activities can help maintain or improve your balance, so you're less likely to fall."



Getting a bone density test may give you the opportunity to address any bone loss before it becomes debilitating.

## 70s+

**Don't ignore hip pain.** Hip fractures are most common this decade and sometimes go undetected. "If you have a nondisplaced hip fracture—meaning there's a crack in a bone but the bones are still aligned—you might not feel symptoms right away," Johnson explains. Tell your doctor immediately if you do develop pain.

### **Take extra steps to prevent falls.**

To avoid slipping while you bathe, attach railings in your bathtub area or place a shower chair in a shower stall. Even if you're still active and mobile, Johnson recommends doing it anyway. "Crisis prevention is always better than crisis intervention," he says. It's also a good idea to replace wheeled tables and chairs with more-stable furniture, and to keep all pathways clear so you're less likely to trip.

# EYES



They're windows on the world, but as we age, our eyes change in ways that are nearly universal: We have problems with close-up vision in our 40s, dry eyes in our 50s, and night and color vision later on. "And everyone will get a cataract at some point," says Stephanie J. Marioneaux, M.D., an ophthalmologist in Chesapeake, VA. Not all problems are preventable, but you can follow this advice to help keep those windows clear.

# 40s

**Eat for eye health.** There's no way to head off presbyopia, the hardening of the lenses that naturally happens with age and leads to difficulty seeing things up close. But you can protect your vision in other ways through your diet, says Christopher J. Quinn, O.D., president of the American Optometric Association. "Eye-friendly nutrients including lutein, zeaxanthin, vitamins C and E, essential fatty acids, and zinc may reduce your risk of developing certain eye diseases such as macular degeneration," he explains. Get them from foods such as fish, eggs, nuts, and brightly colored vegetables.

**Consider visiting an ophthalmologist.**

You've most likely been getting eye exams from an optometrist until now, and that's perfectly fine: Optometrists are trained to perform eye exams and treat vision changes with glasses and contact lenses and can diagnose and treat some eye conditions and diseases. But if you have a family history of eye disease or suffer from certain conditions like diabetes or high blood pressure, you may want to make an appointment with an ophthalmologist—a medical doctor who specializes in surgical eye care and can diagnose and treat eye diseases. After an evaluation, your doctor will determine your risk factors and set a follow-up schedule that's appropriate for you.

**Choose sunglasses wisely.** If you've been selecting them based on fashion rather than function, now is the time

to make the quality of the lenses as important as the look. "Cumulative exposure to UV rays puts people at greater risk of premature eye aging and vision disorders, so it's important to wear good-quality sunglasses year-round," Quinn says. Look for ones that block UVA and UVB radiation and screen out 75% to 90% of visible light.

# 50s

**Don't rely on over-the-counter eye**

**drops.** Most people have a feeling of dry eyes occasionally, but chronic redness, burning, and grittiness are signs of dry eye disease. Having chronically dry eyes is associated with estrogen decline and happens more frequently after menopause. Over-the-counter eye drops may not always provide sufficient relief. "Dry eye disease is actually very complex, and there's no quick fix for it," Marioneaux says. The severity of dry eye symptoms doesn't always correlate with the stage of the disease, so you could have a more advanced stage than you realize. In addition, the causes can vary, from inadequate tear production to poor-quality tears that evaporate too quickly. So it's important to be evaluated by an eye doctor, who can prescribe drops that target your particular dryness issue.

**Be savvy about screen time.**

Spending long hours looking at a TV, computer, tablet, or smartphone is another major contributor to dry eye disease. "We suppress our natural urge to blink when we're staring at

electronic screens, which dries out the surface of the eyes,” Marioneaux explains. The National Eye Institute recommends taking periodic breaks from screens to close your eyes for a few minutes or blink repeatedly, which helps replenish tears and spread them more evenly across your eyes.

**Keep your weight in check.** Dropping extra pounds that you carry on your frame helps reduce your risk of heart disease and diabetes, both of which can impair vision—and in the case of diabetes, may even lead to blindness—by damaging the tiny blood vessels in the eye. “Eye doctors can see these

changes during an exam, which is another reason it’s so important to get regular checkups,” Marioneaux says.

## 60s

**See an ophthalmologist or optometrist annually.** As you get older, your risk of eye disease increases. After age 65, it’s crucial to have your eyes checked yearly, whether you’re experiencing vision changes or not. “Many conditions can be detected at an early stage before they cause symptoms, and a prompt diagnosis means better



Drugstore glasses are just magnifiers, and the older you get, the more likely you will need a prescription to correct your vision properly.

treatment options that can help reduce your risk of vision loss,” says Quinn.

**Brighten your surroundings.** Don't be surprised if the lighting in your home always seems to be dimmer now: Less light reaches your retinas as you age, so older adults typically require extra lighting, Quinn explains. When you are using a table lamp or floor lamp, place it to your left side if you're right-handed and to your right if you're left-handed—this reduces glare and minimizes shadows. Consider adding night-lights and glowing light switches to help you navigate if you get up in the middle of the night.

**Take extra caution behind the wheel.** Driving often becomes more challenging after age 60, when age-related vision changes and eye diseases may interfere with your ability to see road signs clearly or to see in low light or at night. It may also take longer to adapt to the glare of sunlight and headlights. To stay safe, the American Optometric Association advises taking extra care at intersections, where many accidents involving older drivers occur because of a failure to yield, particularly when making a left turn. Also smart: Limit yourself to day driving when possible, reduce your speed, and avoid glasses with wide frames that could impede your side vision.

## 70s+

**Don't ignore changes in color vision.** A 2014 study published in *Optometry and Vision Science* found

that about 45% of people in their mid-70s had trouble distinguishing between certain colors. This change in color perception may not seem to interfere with everyday life, but it's still important to tell your doctor if you experience it because it can sometimes be a sign of conditions such as diabetes and Alzheimer's disease.

**Skip OTC reading glasses.** If you buy drugstore glasses, be sure to see your doctor for an eye exam first. “If you get the wrong strength, you may experience eye strain, headaches, and nausea,” Quinn says. It's better to avoid over-the-counter reading glasses: They're just magnifiers, and they're designed for people who need the same prescription for both eyes. But the older you get, the more likely you are to develop anisometropia, or differing levels of visual abnormalities in the two eyes, and you'll need prescription glasses with a different lens for each eye to correct your vision properly.

**Know when floaters are a sign of trouble.** As you age, the gel-like vitreous in your eyes begins to liquefy, leading to the formation of floaters—the dots, strings, or squiggly lines that can drift through your field of vision. Although floaters are usually harmless, if annoying, there are some exceptions, Quinn says. “If you see a sudden change in the shape, size, or number of spots, accompanied by flashes of light, this can be a sign of retinal detachment, and you should see your doctor immediately,” he explains. You could experience permanent vision loss if the retina isn't surgically reattached promptly.

# Get in Better Shape Than Ever

You're more likely to stick with a diet and exercise plan if you find healthy habits you love. That's what these three women did, and now they're lighter, leaner, and happier.

**By Evelyn Spence**



When Veronica Montoya healed her heart, the weight began to fall off. "This time, I tackled what was happening on the inside," she says.

## LOST 130 POUNDS!

### Veronica Montoya

Age: 45

Hometown: Anaheim, CA

Heaviest weight: 265

Current weight: 135

**“People don’t really look at you when you’re obese,”** says Veronica

Montoya, who, over the course of three years, lost half her body weight. “I nearly dropped my coffee on the floor the first time someone actually looked me in the eye.”

Montoya started feeling invisible at age 9, when her father quit his job as a correctional officer to open a small bakery, where Montoya worked after school and on weekends. Living on Mexican pastries from her family’s store, pizza from a shop next door, and candy from a nearby 7-Eleven, she quickly became chubby. Even worse, Montoya’s father was verbally and physically abusive. “I never seemed to get anything right,” she says. “I started to believe that I deserved to be treated that way.” Ashamed, she began a long pattern of sneaking food—a pastry hidden in her towel, a cookie tucked in the pocket of her apron, a roll with butter behind her work station.

By the time she started high school, she weighed 220 pounds and her confidence was nonexistent. Over the next few decades, her struggles with weight and self-esteem continued. “I

would cycle between extreme dieting and bingeing,” she recalls. When a destructive relationship with a longtime boyfriend ended in 2014, Montoya hit her nadir—hard. She buried herself in her work and ate her way through 16-hour days. “The worse I felt about him, the worse I treated my body,” she says. “I started thinking that perhaps I really wasn’t worth loving—and not worth anything at all.” Soon she weighed 250 pounds and had to take time off from work to avoid a mental breakdown.

Her turning point came when a therapist advised her to start keeping a journal and get moving. Even though it took all the mental strength she had to tie her shoelaces, Montoya started going for short walks, first logging just five minutes, then 10. “The feeling of walking outdoors was so hopeful that the embarrassment and resentment I felt about the relationship disappeared,” she says. “I still had legs that move, a heart that beats. Every day seemed beautiful and full of possibility.”

Around the same time, she started watching the TV show *Extreme Weight Loss* with trainer Chris Powell, who emphasized a key point: You are enough. “I started to realize that the physical part of losing weight is relatively easy, but the inner work is tough,” she says. “This time, I decided I was finally going to deal with the real root of the problem: my lack of self-worth.”

Over the next several months, Montoya surrounded herself with positivity through books and online TED talks. At the same time, she



**"I FINALLY  
REALIZED  
I'M TRULY  
WORTH IT."**

underwent a massive lifestyle change that put her personal care front and center. She cut back on her work hours to give herself more time to exercise and began tracking her daily steps and food intake. Within a year, she had lost more than 60 pounds and given her confidence a huge boost.

That's when she had another aha moment. "I looked at myself in the mirror, and it looked like I was wasting away," she says. "I wanted to be stronger and knew I needed more help." Working with a trainer who had lost more than 180 pounds himself,

she reduced her cardio days, added strength days, and redoubled her efforts to eat clean, home-cooked foods. Knowing that her trainer understood her struggles motivated Montoya to follow his advice. In another year, 60 more pounds disappeared—and with it, severe IBS and high cholesterol.

Even though she's thrilled to land at 135, Montoya knows the real win is not what she sees in the mirror but how she feels inside. "It took a long time to get here, but it was worth it," she says. "Everything changed when I started believing that I matter."

## LOST 60 POUNDS!

### Susan Brenner

Age: 51

Hometown: Bronx, NY

Heaviest weight: 200

Current weight: 140

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#### Five years ago, Susan Brenner was overworked and out of shape.

Exhausted from managing a busy men's store on Madison Avenue in New York City, she got no exercise beyond the short walk from her apartment to the subway. On the way home, she'd regularly grab a few slices of pizza; in front of the TV at home, she'd munch on snacks. "I was a junk food vegetarian," she says. "I ate fries and chips in huge portions."

When she brushed up against the 200-pound mark, someone jokingly called her Big Susan. The comment stung but also served as a harsh reality check. "I couldn't escape the fact that I was getting heavier," she says. "Nothing fit, and I wasn't feeling well—it was like I was deteriorating from the inside out." Brenner was ready to make a change, but the prospect was daunting. She'd wasted money on unused gym memberships in the past—slogging through an intense boot camp class was not her idea of fun—and knew she needed to find an activity she actually enjoyed.

Her answer came a few weeks later, when Hurricane Sandy hit the East



Coast, causing subway stations to flood and trains to stop running for a week. In need of a way to get to work, Brenner remembered that she had a bicycle in storage. Though she hadn't ridden it in years, she decided to bike the 4½ miles from her apartment to her office to open the store. "I was shocked by how much I enjoyed it," she recalls. "I was tired, but the fresh air was liberating. When I was riding, I felt like a kid again." Inspired, Brenner started commuting by bike regularly: "It was an amazing stress reliever, and I got to see the city in a whole new



way.” On her days off, she rode longer distances. It was exercise, but it didn’t feel like an obligation. “It was fun instead of a punishment,” she says.

After a few months, her clothes were looser and she felt herself getting stronger—and more adventurous. She joined a local bike club, started training for charity rides, and began volunteering to teach kids how to ride. “The more I rode, the better I felt,” she says. “And I wanted to pass on that amazing feeling.” Motivated to get into even better shape for longer rides, Brenner next took a

hard look at her diet. “I wanted to do it right, and that meant choosing clean, unprocessed foods,” she says.

After skipping breakfast for years, she started eating granola with almond milk to power her mornings, snacking on nuts and fruit instead of chips, and taking shots of pickle juice rather than chugging sports drinks. Within a year of changing her eating habits, Brenner had shed 60 pounds. Since then, she’s kept up the biking and kept off the weight. “Cycling is my joy, my freedom, and my medication,” she says. “It’s my everything.”

## LOST 60 POUNDS!

### Laura Jacobs

Age: 67

Hometown: Philadelphia

Heaviest weight: 250

Current weight: 190

**As far back as she can remember,** Laura Jacobs' sole confidants and inner tormentors were sugary, high-calorie snacks and sweets. When she was 6 years old, she soothed her boredom by sneaking Frosted Flakes from the kitchen and finishing the entire box in one sitting. In her teens, she would binge on ice cream, feel guilty, and drop the half-empty container in the trash—and then argue with herself about whether to fish it out. “I felt lonely, so I would gorge on sugary foods, and then I’d be ashamed,” she says. “And the cycle would continue.”

Her isolation was understandable: When Jacobs was an infant, her father had a severe stroke, leaving her mother to be both caregiver and breadwinner. “Attention, connection, and guidance were rare,” Jacobs says. “Food became my friend, and throughout my childhood, my body showed it.”

The next several decades were a diet roller coaster: She tried all the diet fads, and they’d work for a short while, but then she’d give in to cravings and the scale would creep back up. When Jacobs reached age 56, her executive search business

was booming, but her health was deteriorating. At 5’10”, she weighed 250 pounds, had high cholesterol and blood sugar, and felt ashamed about her relationship with food. “I knew that if I kept up the emotional eating, I was going to die young,” she says.

Determined to make a change, Jacobs decided to sell her company, which gave her time to explore improvements in other areas of her life—including her battle with eating. When she found an online course called *Truce With Food*, Jacobs felt a surge of hope. The program promised to teach her how to stop making food her enemy and use it to nourish and energize her body. “It taught me how to holistically care for myself,” says Jacobs. “For the first time in my life, I started enjoying food and the way it made me feel,” she adds. Within six months, she lost 40 pounds and was able to stop taking depression medication for the first time in three decades.

Over the next seven years, Jacobs continued to work on her relationship with eating, further transforming her emotional association with food from antagonism to enjoyment. Her view of her body became more accepting, and eating became more pleasurable.

Now she’s down 60 pounds, her cholesterol and blood sugar have dropped into healthy ranges, and she finds delight in every bite. “I’ve been to Paris 10 times,” she says. “And it’s freeing that when I’m there, I can eat chocolate mousse whenever I feel like it, knowing I have the tools to center myself nutritionally when I get home.”

**"I MADE  
A TRUCE  
WITH  
FOOD."**



5



# Speed Up Your Metabolism

Getting older doesn't have to mean gaining weight. Here's how to keep your internal motor revved so you have steady energy, sleep well, and look lean and strong.

The word “metabolism” gets thrown around a lot, but many people don’t know exactly what it means. Think of it this way: If your body were a car, your metabolism would be the engine, but instead of it being housed in one central location under the hood, your cells work together to turn food into the fuel. That means the calories your body burns—by moving around, but mostly just by your breathing, thinking, and, well, existing—are turned into the energy it needs to keep every organ and system running smoothly. How efficiently this happens depends on everything from your diet to your genetics to your stress level—even your sleep cycle plays a role.



## 1. IT MATTERS WHAT FOOD YOU EAT—AND WHEN!

As your body digests something, your brain factors in the nutrients in that food, your digestive hormones, and your level of activity as it decides whether to use those calories immediately or store them for later. The pace at which calories are used is called your metabolic rate, and a few things affect it. First, how much do you eat? Consistently consuming more calories than your body needs means a lot of energy isn’t used; that

excess is stored as fat, which shows up as weight gain. When you eat is a factor too. In general, eating every three to four hours is ideal. And yes, breakfast is key: People who skip it tend to have a surge of the hunger hormone ghrelin later on, leading to nighttime munching that can disrupt metabolism and sleep. And food choices are important. Limit low-nutrient items like sweets and chips—they’re rapidly digested, leaving you hungry again soon. Instead, chow down on fiber-rich picks (whole grains, lots of fruits and veggies) and plenty of protein, which will keep you full longer.

### Metabolism Basics

**Step 1:** You eat.

**Step 2:** The food is broken down by the body into simple forms of carbohydrates, fat, and protein.

**Step 3:** The calories in those components are converted to energy, which is then used by your cells and tissues to grow and repair themselves.

## 2. EXERCISE KICKS YOUR METABOLISM INTO GEAR

The concept is simple: The more you move, the more calories you burn. Working out speeds your metabolism by increasing levels of testosterone, growth hormone, and other hormones that suppress appetite. Exercise also helps you sleep better, which further keeps your metabolism humming because good sleep helps balance metabolic hormones.

### Here's your three-point exercise plan:

**1. Do cardio:** Interval training (repeated spurts of high-intensity activity with short rest periods

in between) is great for burning fat and raising your metabolic rate. It also produces afterburn, which means you continue to torch calories even once you've finished a workout. Do 20 to 30 minutes of this at least three times a week.

**2. Build muscle:** It burns four times as many calories as fat, so the more muscle you have, the more calories you burn. Aim for at least two weight workouts per week.

**3. Just move:** All the little motions you do—walking to the bathroom, fidgeting during meetings—expend calories. One study found that people who did lots of these types of movements burned up to 2,000 more calories a day—wow!

## HOW YOUR CALORIES ARE PUT TO WORK

**60% to 75%** are turned into fuel to power organs like the heart, lungs, and brain.

**15% to 30%** are used as you move, whether that's walking on the treadmill or dusting the house.

**10%** are burned as you digest food and beverages.

## Jillian Michaels' Power Move

The best-selling fitness expert is a fan of the long jump with crawl-back, which incorporates every muscle group, making you stronger and setting you up for a faster metabolism.

1. Stand with feet hip-width apart.
2. Perform a long jump: Bend knees and, swinging arms, take off and land as far forward as you can, on both feet.
3. Hinge at the hips to place both hands on the floor in front of you.
4. Jump back into plank position with arms straight under shoulders and abs tight.
5. Walk hands backward toward feet, keeping your legs as straight as possible and lifting tailbone toward the ceiling. Stand and repeat the whole move for 30 seconds; that's one set. Do three sets.

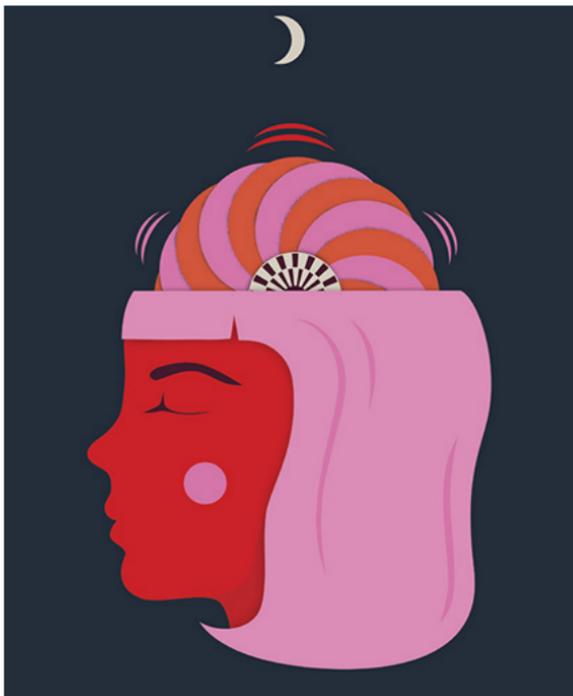
### 3. STRESS AND SLEEP HAVE AN IMPACT

Learning to manage stress is critical: When you experience it long-term, it triggers a release of hormones that mess with your digestion and your metabolism slows.

Snoozing enough is also important— when you're sleep deprived, your body goes into conservation mode and doesn't burn as many calories. Of course, stress disrupts sleep, and poor-quality sleep can leave you frazzled and irritable. Make it a daily priority to de-stress for a few moments with yoga or meditation and, if you can, take some days off from work. More than half of U.S. employees have unused vacation days, despite studies showing that time off can boost happiness, strengthen relationships, and, yes, ease stress.

# 420

**YOUR BRAIN NEEDS THIS MANY CALORIES A DAY JUST TO KEEP FUNCTIONING**



### But Don't Panic if You've Gained a Little Weight

If you can't eat as much without putting on a few pounds, it's not your imagination:

**AGE:** We lose muscle mass as we get older; this slows metabolism because fat accounts for more of our weight and burns fewer calories than muscle.

**MENOPAUSE:** The hormonal changes, such as a dip in estrogen levels, may contribute to a slower metabolism.

**GENETICS:** You may have been born this way. Some people simply have a slower metabolism.

**YOUR GENDER:** Men tend to have less body fat and more muscle than women of the same age and weight. But take heart! The lifestyle changes within these pages can help. In the meantime, be gentle with yourself.

6

# The Colors of Health

Eat these five hues every day to get all the age-fighting antioxidants you need. Our recipes make it quick and easy.

Written by Marge Perry   Recipes by David Bonom





The secret to youthful skin, healthy bones, sharp memory, and disease prevention can be found in your fridge. The more colorful your diet, the more antioxidants you get. These compounds reduce overall cellular damage and prevent the hardening of the arteries that can lead to heart disease, stroke, even memory loss. "Every hue—green, yellow, orange, red, purple, and even white—signifies a different class of nutrients, each of which offers a unique benefit," explains former USDA research chemist Ronald Prior, Ph.D., who was among the first researchers to measure the antioxidants in food that protect us as we age. For instance:

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### **1. Yellow/Orange**

Sweet potatoes, carrots, pumpkin, mango, corn, and melon all contain a variety of carotenoids, which reduce the risk of developing cancer. And butternut squash is abundant in beta-carotene, which is great for your skin and eye health, as well as your immunity.

### **2. Green**

Vegetables such as spinach and broccoli are high in lutein, which keeps your vision sharp and clear. And avocados are packed with monounsaturated fatty acids (MUFAs), which deeply hydrate skin and hair.

### **3. Blue/Purple**

Blueberries and blackberries are chock-full of anthocyanins, which prevent tumors from forming and suppress their growth. And prunes are high in fiber and help keep your digestive system humming along.

### **4. Red**

Tomatoes and watermelon are loaded with lycopene, which may protect

against cancer and heart disease.

Beets can help lower blood pressure, and research shows that cranberries may reduce inflammation and artery stiffness, as well as lower cholesterol.

### **5. White**

Cauliflower offers the same cancer-fighting benefits as broccoli, its cruciferous cousin, and potatoes are a good source of vitamin C. There's also some evidence that the sulfur compounds in garlic and onions may ward off stomach and colon cancers. Other white foods, like poached chicken, seafood, reduced-fat cheeses, eggs, and tofu, provide all-important protein.

For a true age-defying eating plan, mix and match these colors to ensure variety at every meal. Research indicates that antioxidants can work together like a team, each boosting the other's effects. For a head start, try one of these delicious recipes, which have a minimum of two colors each—most have three. Or, use the chart on p. 57 to create your own multihued salad.

# Corn, Mango, and Edamame Salad

In addition to folate and fiber, corn contains a carotenoid called beta-cryptoxanthin. Eating a diet high in this compound, which is also found in papaya, pumpkin, tangerines, and peaches, may reduce the risk of lung cancer.



TOTAL TIME 15 MIN.  
SERVES 6

- 2 c frozen shelled edamame
- 1½ c fresh corn kernels (from 2 lg ears)
- 1½ c mango cubes (about 1 med mango)
- 1 c chopped tomato (about 1 lg)
- ½ c chopped red onion (about 1 sm)
- 2 Tbsp chopped fresh cilantro
- 1 Tbsp extra virgin olive oil
- 1 Tbsp freshly squeezed lime juice
- ¾ tsp salt
- ¼ tsp freshly ground black pepper

Prepare edamame per package directions. Drain and rinse under cold water. Transfer to large bowl. Stir in corn, mango, tomato, onion, cilantro, oil, lime juice, salt, and pepper. Toss well.

**NUTRITION** (per serving)  
160 cal, 9 g pro, 22 g carb, 5 g fat, 0.5 g sat fat, 0 mg chol, 6 g fiber, 303 mg sodium



Corn, Mango, and Edamame Salad supplies more than 20% of your daily fiber needs.

Romesco sauce hails from Spain and is made from red peppers and almonds.



## Crudités with Romesco Sauce

This nibbling platter is packed with beta-carotene and vitamin C, two cancer-fighting antioxidants that work together to ward off cellular damage. Red bell pepper and tomatoes—the base of the tangy sauce—are also a good source of cancer-protective lycopene.



**TOTAL TIME 35 MIN.**  
**+ CHILLING TIME**  
**SERVES 8**

- 3 lg red bell peppers**
- 3 Tbsp extra virgin olive oil**
- 2 Tbsp sliced almonds**
- 2 cloves garlic, smashed**
- 1 plum tomato, quartered**
- 1 slice multigrain bread, cubed**
- 1 Tbsp red wine vinegar**
- 1 tsp paprika**
- $\frac{3}{4}$  tsp salt**
- $\frac{1}{4}$  tsp freshly ground black pepper**
- 4 carrots, trimmed and**

- cut into 2"–3" strips**
- 1 lg or 2 sm cucumbers, cut into 2"–3" strips**
- 1 bulb fennel, trimmed and cut into 2"–3" strips**
- $\frac{1}{2}$  lb yellow wax beans, trimmed**
- $\frac{1}{2}$  lb green beans, trimmed**

- 1.** Preheat broiler with rack about 4" from heat.
- 2.** Place the 3 whole peppers on baking sheet and broil, turning every 3 minutes, until skins are blistered and charred, 12 to 15 minutes. Transfer peppers to medium bowl, cover with plastic wrap, and let steam 10 minutes. Peel, and discard stems, seeds, and ribs.
- 3.** Combine oil, almonds, and garlic in small skillet over medium heat while peppers roast. Cook, stirring often, until almonds and garlic are lightly golden, about 4 to 5 minutes. Remove from heat.
- 4.** Put roasted peppers and tomato in blender and purée. Add oil mixture and bread and purée. Pour in vinegar, paprika, salt, and black pepper and purée. Transfer to serving bowl and chill sauce 20 minutes or until ready to serve.
- 5.** Arrange carrots, cucumber, fennel, and beans on platter. Serve with romesco sauce.

**NUTRITION** (per serving)  
118 cal, 3 g pro, 14 g carb, 7 g fat, 1 g sat fat, 0 mg chol, 5 g fiber, 278 mg sodium

# Cauliflower Soup with Grilled Shrimp

One cup of cauliflower contains nearly two-thirds of a full day's worth of vitamin C, a high intake of which may be linked to a lower risk of rheumatoid arthritis.



TOTAL TIME **50 MIN.**  
SERVES **4**

- 3 tsp olive oil, divided**
- 1 c chopped red onion (1 med)**
- ½ c chopped celery**
- 4 c cauliflower florets (about 1½ lb)**

- ½ tsp ground coriander**
- 2 cans (14.5 oz each) low-sodium chicken or vegetable broth**
- 12 oz lg shrimp, peeled and deveined (8–12 shrimp)**
- ½ tsp salt, divided**
- ¼ tsp freshly ground black pepper, divided**
- ⅓ c fat-free evaporated milk**

1. Preheat grill to medium-high. Coat grill rack with cooking spray.
2. Heat 2 tsp of the oil in soup pot over medium heat. Add onion and celery and cook, stirring occasionally, 6 to 7 minutes. Stir in cauliflower and coriander. Cook 2 minutes. Add broth

and bring to a boil. Reduce heat to medium-low, cover, and simmer until tender, 20 minutes. Remove from heat and cool 5 minutes.

3. Season shrimp with ¼ tsp salt, ⅓ tsp pepper, and remaining 1 tsp oil. Grill until opaque, 2 to 3 minutes per side.

4. Purée soup in batches. Return to pot. Stir in milk and remaining salt and pepper. Warm over medium heat until heated through, about 5 minutes. Serve with shrimp.

**NUTRITION** (per serving) (1¼ cups) 198 cal, 23 g pro, 17 g carb, 6 g fat, 1 g sat fat, 127 mg chol, 4.5 g fiber, 579 mg sodium



This soup packs more potassium—900 mg—than any other recipe here.

## Herb-Roasted Potato Medley

All potatoes are good sources of vitamin C and fiber, but purple potatoes offer a dose of anthocyanins, which may help protect against heart disease and diabetes.



TOTAL TIME 30 MIN.  
SERVES 6

- 2 lb baby potato mix (purple, red creamers, white creamers)
- 1 Tbsp extra virgin olive oil
- 2 tsp chopped fresh rosemary
- 1 tsp chopped fresh thyme
- 1 tsp salt
- ¼ tsp freshly ground black pepper

1. Preheat oven to 425°F. Coat large baking sheet with cooking spray.
2. Combine all ingredients in large bowl and toss well. Arrange potatoes in single layer on baking sheet. Roast, turning occasionally, until lightly browned and tender, 23 to 25 minutes.

**NUTRITION** (per serving)  
146 cal, 4 g pro, 27 g carb, 2.5 g fat, 0.5 g sat fat, 0 mg chol, 2 g fiber, 397 mg sodium



Many farmers' markets carry purple potatoes, which are a good roasting substitute for Yukon Golds.



## MAKE THE WORLD'S HEALTHIEST SALAD

To get all five age-defying colors—and countless disease-fighting nutrients—choose one item from each color column. Add the dressing of your choice and toss well to coat.

### MIX 'N' MATCH

## 3,125 Possible Combinations!

GREEN	YELLOW/ ORANGE	BLUE/PURPLE	WHITE	RED
<b>Boston lettuce</b> 3 c shredded, 21 cal	<b>Yellow bell pepper</b> ½ pepper thinly sliced, 25 cal	<b>Blueberries</b> ½ c, 42 cal	<b>Reduced-fat goat cheese</b> 2 oz crumbled, 110 cal	<b>Cherry tomatoes</b> 1 c, halved if large, 27 cal
<b>Baby spinach</b> 3 c shredded, 21 cal	<b>Dried apricot</b> 4 pieces thinly sliced, 67 cal	<b>Red grapes</b> ½ c halves, 52 cal	<b>Jicama</b> ½ c thin strips, 23 cal	<b>Red kidney beans</b> ½ c, 109 cal
<b>Romaine</b> 3 c shredded, 24 cal	<b>Carrots</b> 1 c thin slices, 50 cal	<b>Eggplant</b> 1 c roasted cubes, 35 cal	<b>Cauliflower</b> 1 c bite-size florets, 25 cal	<b>Red bell pepper</b> ½ pepper chopped, 21 cal
<b>Watercress</b> 2 c, 8 cal	<b>Mango</b> 1 c cubes, 107 cal	<b>Dried mission figs</b> 4 coarsely chopped, 84 cal	<b>Firm tofu</b> 1 c drained, chopped, and sautéed with curry powder; 124 cal	<b>Red onion</b> ½ c thinly sliced, 23 cal
<b>Mixed field greens</b> 3 c, 30 cal	<b>Pineapple</b> ½ c cubes, 37 cal	<b>Blackberries</b> 1 c, 62 cal	<b>Mushrooms</b> ½ c thinly sliced, 11 cal	<b>Radicchio</b> 1 small head, torn, 18 cal

# Boost Your Brain Power

You have more control over your brain fitness than you think. Research has unlocked four key strategies that keep it going longer and stronger—especially if you start doing them now.

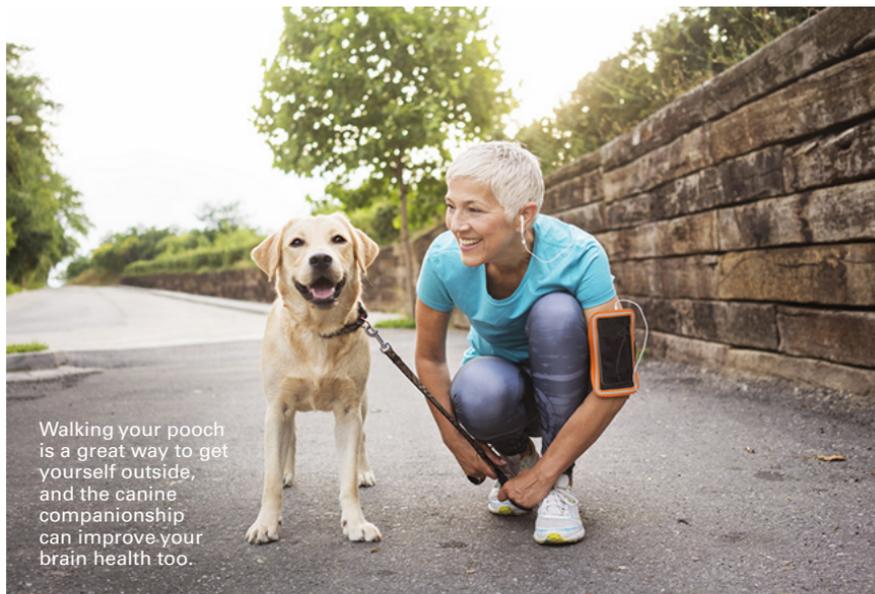
Fresh air, exercise,  
and a sense of  
adventure all work  
wonders for your  
mind and spirit.



If you were taught that you're born with all the brain cells you'll ever get and it's all downhill from there, it's time for a rethink. Mounting research suggests you can improve your brain no matter what your age, making it stronger now and protecting it for the long term. In fact, while surveys have found that 60% of Americans consider Alzheimer's disease a natural part of getting older, scientists say the opposite. "We're finally able to use the terms 'Alzheimer's disease' and 'prevention' in the same sentence," says Richard Isaacson, M.D., director of the Alzheimer's Prevention Clinic at Weill Cornell Medicine. And the same may be true for other forms of cognitive decline. The best time to start your brain-improvement plan: now.

Alzheimer's-related brain changes that can lead to cognitive impairment— and prevent the lightning-fast thinking you're used to—start as early as your 30s or 40s. Yet whether you're younger or older than that, making good choices in what you do, eat, and think can make a big difference in how your gray matter works later on. "There's not an age that's too early or too late to think about better brain health," says Isaacson.

Your brain's four favorite life preservers include some that are probably familiar: The activity, foods, and sleep your heart loves also keep your brain in shape. Add some quality thinking time to that list, and your ideal plan looks like this.



Walking your pooch is a great way to get yourself outside, and the canine companionship can improve your brain health too.



Nature retreats are a rejuvenating way to reconnect with exercise and help make fitness a daily habit.

## **BRAIN BOOSTER #1:** **Get Your Body Into Action**

Walking, dancing, playing—any type of movement—helps clear your brain of a protein fragment called amyloid, which is believed to accumulate in and “gunk up” the brains of people with Alzheimer’s. “There’s no drug available that can lower amyloid,” says Isaacson. “The only thing we know that can do it is exercise.” It’s good at the job: A large review of studies found that active people have a 35% lower risk of cognitive decline than sedentary ones, and research published

in *Neurology* showed that people who were more fit had stronger brain abilities 25 years later than less-fit types. So get moving! Take a day hike; waltz around the kitchen; play with the dog; stand up when you check your social media feed. Every day, find ways like this to be active. Also aim for at least 20 to 30 minutes of purposeful activity most days of the week (that’s the stuff that gets your heart rate up a bit) plus two short sessions of resistance training—squats, lunges, and the like—per week. You don’t need weights or any other equipment.

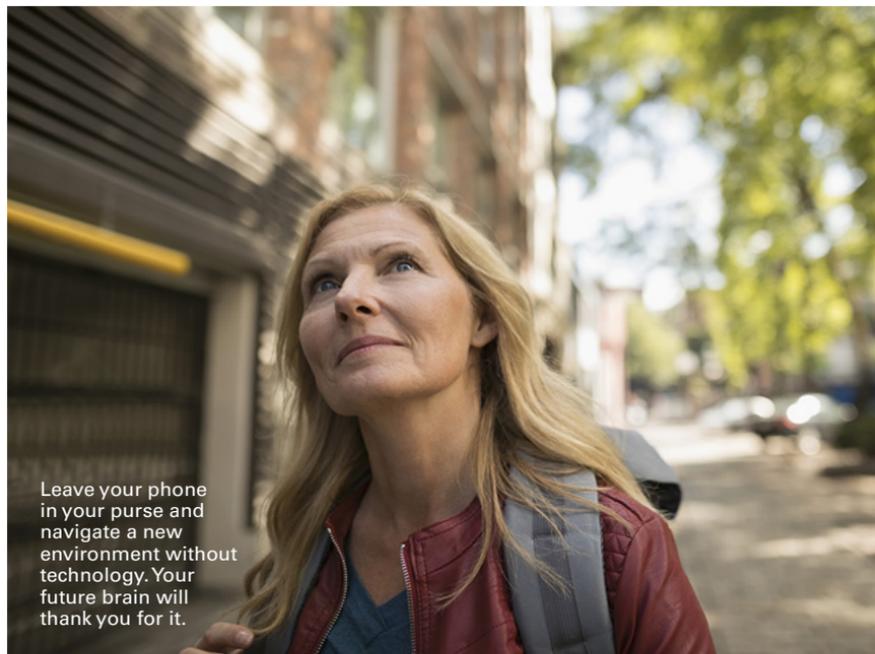
## **BRAIN BOOSTER #2:** **Challenge Yourself**

One of the most solidly researched ways to lower your risk of dementia is to challenge your brain so it becomes more flexible. That doesn't just mean solving crossword puzzles; it means doing new things to continually work different parts of your brain in order to build connections between them.

Why is that important? Imagine two roadway systems, one of which dead-ends when it hits a roadblock while the other has all sorts of detours for drivers to fall back on. When you're scrambling to remember a name, for instance, and your mind hits a "roadblock" of non-functioning nerve cells, you'll

come up with nothing. But if there are available detours, your brain will keep trying them until it finds the exact name that you have been trying to recall.

Build those "detours" by thinking about things in new or deeper ways. Start a book club with your friends to talk about a novel's key characters. Teach yourself how to cook an entirely different style of cuisine. Both of these activities require reasoning and attention. Variety, feeling engaged, and being challenged all help build a healthier mind, says Sandra Bond Chapman, Ph.D., a distinguished professor and chief director of the Center for Brain Health at the University of Texas at Dallas.



Leave your phone in your purse and navigate a new environment without technology. Your future brain will thank you for it.

A woman with short, wavy blonde hair is sleeping peacefully in a bed. She is wearing a grey long-sleeved shirt and is covered up to her chest with a white blanket. Her eyes are closed, and her expression is relaxed. The background shows a white pillow and the white bedding of the bed.

**BRAIN BOOSTER #3:**  
**Sleep Like a Log**

Cheat on sleep, and you rob your mind of its potential. Shut-eye is when your brain does its housekeeping—“it’s almost like there’s a janitor inside who cleans up some of the toxic by-products that may be a precursor to amyloid proteins,” Chapman says. Reframe sleep as a priority and a must-do, not as a weakness. To help yourself snooze, pay attention to what experts call sleep hygiene—in other words, bias your bedroom toward your getting good sleep. And stay off digital screens for at least a half hour to an hour before bed; the blue light they emit keeps you from producing melatonin, a sleepiness hormone that rises in your body at night.



Sick of eating spinach, romaine, and kale? Mix up your leafy greens with watercress, endive, arugula, or mâche.

#### **BRAIN BOOSTER #4:** **Be Smart About What You Eat**

While there's no single food that can prevent or cure cognitive impairment, an overall healthy eating pattern can make a big difference. Try the MIND diet, a plan put together by a team led by Martha Clare Morris, Sc.D., of Rush University Medical Center in Chicago. It includes the foods known to enhance memory and brain health and limits the ones thought to hurt it. She recommends eating more of these: antioxidant-rich berries, vegetables (especially leafy greens), fish (for its omega-3 fatty acids, which likely make

it easier for the brain's nerve cells to communicate with one another), and whole grains. The foods to cut down on: those that contain saturated and trans fats, both of which are believed to damage your cardiovascular system and thus your brain health. That means you should be eating less red meat, butter, margarine, pastries and other sweets, and fried or fast foods. In Morris' research, she saw that older people who stuck to this style of eating over five years lowered their risk of Alzheimer's by 35% to 53%. And the longer that people stayed on the diet, the more their odds improved.

# THINK YOUR WAY YOUNG

"My research focuses on the stereotypes surrounding aging. What I've found is that many of us assume that as we get older, everything falls apart—so we brace for decline, and watch for signs that our bodies and minds are giving out. And of course we find them. It's a self-fulfilling prophecy. My advice to friends is simple: It's not your physical state that limits you; it's your mind-set. Research shows that your attitude can improve your health and may even reverse the signs of aging. So I tell them to be mindful. That means to strive to live in the moment, to actively notice the people, places, and things around you as if for the first time. Try this: Walk down the street and pay attention to the colors of the leaves and the architecture of the buildings. Kids do that—it's one reason it's so hard to get them to school in the morning—and we can learn a lot from them. To feel happy and healthy, you need to show up for life, whether you're 25 or 65." —Ellen Langer, Ph.D., professor of psychology at Harvard University and author of *Mindfulness*



# What Doctors Tell Their Friends About Aging

We've all spotted our first wrinkle or found ourselves reaching for reading glasses. No need to fear the next milestone: The advice these docs give their closest pals will keep you feeling young, strong, and healthy.

**By Margery Rosen**



Avoiding saturated fats, trans fats, and refined grains is an effective way to keep your body functioning at peak performance.

## YOU ARE WHAT YOU EAT

"My friends know I've been following an anti-inflammatory Mediterranean diet for years. It's heavy on whole grains, fruits, veggies, nuts, seeds, and legumes, with a smattering of dairy, poultry, fish, egg whites, and olive oil. But they're astonished when I tell them it doesn't really matter what you eat as long as you avoid what I call the five food felons: saturated fats, trans fats, refined grains, and added syrups and sugars (check the label for anything ending in -ose). Cut those out of your diet and you'll feel better; you'll also lower your risk of age-related conditions such as heart disease, cancer, and dementia. It's as simple as swapping your favorite chips for crunchy veggies and guacamole, or a brownie for Greek yogurt topped with berries and dark chocolate. Can't live without pizza and pasta? That's fine, as long as they're whole grain."

—**Michael F. Roizen, M.D.**, chief wellness officer at the Cleveland Clinic



## THE SECRET TO A SHARP MIND MIGHT BE...TANGO?

"A friend told me she struggled to remember names, even of people she knew well, and had started misplacing things around the house. She asked me: 'Is this early-onset Alzheimer's?' I told her she was experiencing cognitive aging, and it happens to everyone. There isn't an epidemic of Alzheimer's in this country; there's an epidemic of fear about it. The most important thing you can do to keep your mind sharp is to get plenty of exercise. Brain volume shrinks with age, but thousands of new cells are created every day, and research shows that regular aerobic exercise jump-starts that process. My advice? Take dance lessons. Dancing hits all the areas critical for healthy aging: You're exercising, learning new steps, and socializing."

—**Majid Fotuhi, M.D., Ph.D.**, chairman of the NeuroGrow Brain Fitness Center in McLean, VA



## THE SEX GETS BETTER

"Everything in our culture makes people feel like they're no longer sexually viable after 40. You can't watch TV without seeing commercials for vaginal dryness or erectile dysfunction. When my friends worry about sex becoming stale, I remind them of a national survey I conducted years ago: It found that many women in their 60s and 70s were having the best sex of their lives. So will sex be the same as it was when you were younger? No, because you're not the same person. But it can be better. As you age, you and your partner may both become more accepting of your bodies. You may become confident enough to ask for what you want. And you can learn to focus on each other instead of physical goals like orgasm. After all, sex is about an emotional connection, too."

—Gina Ogden, Ph.D., sex therapist and author of *The Return of Desire: A Guide to Rediscovering Your Sexual Passion*





## MAKE YOUR HOME A HAVEN

"We live in an increasingly noisy world, and over time, all that loudness can start to damage the hair cells inside the ear that are responsible for passing sounds to the brain. Once those cells are damaged, you can't replace them. That's why it's important to do everything you possibly can to preserve your hearing now. I tell my friends and patients to start at home, where you at least have some control: Keep your television and sound system

at a reasonable volume, and—as if you needed an excuse—try to avoid noisy kids' toys. Exchange old appliances for quieter models, and put a rubber or cork mat under particularly loud ones like the coffee grinder. Lay down rugs on bare floors and put drapes on your windows— they'll help absorb sound. If you live close to the road, planting trees and shrubs around your house can cut back on street noise too."

—**Michael D. Seidman, M.D.**, an otologic and neurotologic surgeon in Kissimmee, FL, and author of *Save Your Hearing Now*

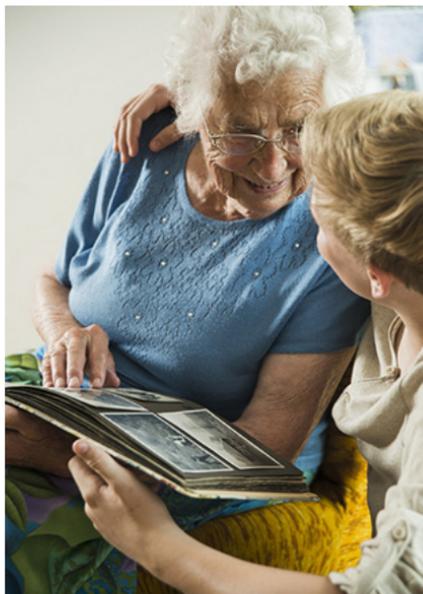


## WE CAN LEARN A LOT FROM THE OLDEST AMONG US

"I work with people who live well into their 90s and 100s, and my oldest patients have many things in common: They spend a lot of time with their friends and family. They're optimistic. They're resilient. But one of the most interesting things I've noticed? Many of them are very good at practicing moderation. I think it's because they grew up in a different time—during the Depression and World War II—when resources were limited and everyone had to sacrifice. Their attitudes reflect the self-control they learned then: Dessert is a treat, not something they think they deserve. Those patients aren't self-absorbed at all, and that's what keeps them vital and healthy."

—**Audrey Chun, M.D.**, vice chair of clinical programs for the Department of Geriatrics and Palliative Medicine at the Icahn School of Medicine at Mount Sinai in New York City

**"My oldest patients have many things in common: They spend a lot of time with friends and family. They're optimistic. They're resilient."**



# Puzzle Power

Stay sharp with this fun workout for your brain.



## Word World

Find as many words as you can in three minutes in the grid above to bolster pattern recognition and mental processing speed. Words can run in any direction—up, down, sideways, or diagonally—as long as each letter touches the next one. For example, you can form the word **LARGE** by starting with **L**, moving up to **A**, going diagonally to **R**, and so on. Try to score 25 or more.