



# Anti-aging myths to avoid

Aging is a natural part of life. Yet it's often portrayed as something you need to fight against. Myths are everywhere, often painting aging in a negative light.

The truth is that getting older is both inevitable and rewarding. Don't fall for these common myths.



## MYTH #1: ANTI-AGING CREAMS PREVENT WRINKLES

**Facts:** Skin shows signs of age, and some changes are inevitable over time. Wrinkles, sagging skin, and brown spots are common age-related changes.

Skincare is an essential self-care practice. But expensive anti-aging creams that make big promises are often not worth the money. To help your skin age well:

- Protect yourself from the sun. Wear sunscreen (SPF 30 or higher) and wide-brim hats to keep UV rays off your skin.
- Don't smoke. Smokers are more likely to get deep wrinkles, bags under their eyes, and a sagging jawline.
- Keep skin moisturized. Dry skin is more likely to wrinkle and appear damaged.

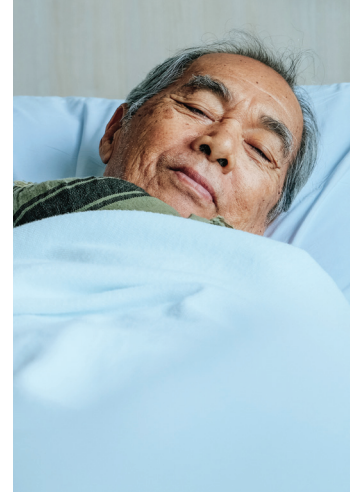


## MYTH #2: YOU'LL GAIN WEIGHT AS YOUR METABOLISM SLOWS DOWN

**Facts:** While it's true that metabolism may decline with age, weight gain often results from failing to adapt to the body's changing needs.

If you notice your weight increasing, focus on healthy habits:

- Stay active. Regular physical activity aids in weight maintenance.
- Control portions. You likely need smaller amounts than when you were younger.
- Choose high-protein foods. Lean meat, poultry, fish, low-fat dairy, nuts, seeds, and legumes promote fullness.
- Include fiber. Fruits, vegetables, whole grains, nuts, seeds, and legumes help maintain a healthy weight.



## MYTH #3: PEOPLE NEED LESS SLEEP AS THEY AGE

**Facts:** Many adults find they have trouble falling asleep and staying asleep as they get older. But it's not true that the body's need for sleep decreases. All adults need 7-9 hours of sleep each night.

Healthy sleep habits can protect your sleep as you age:

- Keep a consistent sleep schedule. Try to go to bed and get up at the same time each day.
- Avoid caffeine late in the day.
- Avoid alcohol close to bedtime.
- Be physically active. Movement during the day promotes quality sleep.
- Avoid eating close to bedtime. Feeling full makes falling asleep difficult.