

7 KEYS TO LIVING AN AGELESS LIFESTYLE RIGHT NOW

1. **Take care of your body.** The only way you can be ageless is if you are healthy enough to still be alive. That means taking charge and being the expert on your health. Eat better, get out and walk, drink plenty of water and sleep 8 hours. [5 Easy Ways to Have a Healthy Ageless Body](#)
2. **Eat whole foods**, mostly vegetables and fruits, nuts and seeds. Eat as much organic as you can. Eat as many raw foods as you can each day. The more food is in your refrigerator and freezer the better, empty out the cabinets full of processed foods. [10 Healthier Food Hacks](#)
3. **Meditate**, even if it's just closing your eyes and having a couple minutes of silence, it's a start. Work your way up to 5, 10, 20 minutes. Try to let the thoughts go by without engaging. Your off to a good start. [How to Meditate When You Don't Have Time](#)
4. **Read**, listen, watch, engage in conversations that stimulate your mind. Have discussion in person and in social media. Every month investigate a new topic of interest. The more new neural pathways you create, the sharper your mind will be as you advance in years.
5. **Live your passion.** Whether it's as a business, hobby or charitable foundation, do what makes your heart sing and makes you go to sleep with a smile on your face. [Your #1 Obstacle to Living Your Passion](#)
6. **See the world.** Travel to new and exotic places. Be amazed at the natural beauty the world offers and engage with new cultures.
7. **Live in gratitude** and reverence for living out your soul's desire. When you embrace your connection to the Universe and live from a place of gratitude it opens you up to clearly recognize your soul's purpose in this life. Act on it!

It's your life, be ageless!

AGELESSLIFESTYLEAFTER50.COM