

# 14 Tips For Aging Well



Eat real food



Cut back on sugar



Supplement with essential amino acids



Crank up the cardio exercise



Commit to a resistance training regimen



Practice gratitude



Accept things as they come



Take change step by step



Look for opportunities to grow



Express your feelings freely



Stay connected to friends and family



Pursue a hobby



Go back to work



Always keep learning

# Aging Well

**Kathleen Armour**



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