How Quickly Are You Aging?

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The following 15 YES or NO questions can estimate how fast you're aging, given your outlook and lifestyle.

Do you regularly have enjoyable moments socializing with friends or family?

Do you most often feel love for yourself and those close to you?

Do you most often feel happy, engaged in life, connected to others, valued and productive?

Are you generally in good health?

Are you currently not taking any prescription medications?

Do you get at least 30 minutes of vigorous exercise three or more days each week?

Do you maintain a healthy weight?

Is your energy level steady and sustained on most days?

Do you restrict the amount of sugar and salt in your diet to the healthy amounts doctors recommend?

Do you restrict the fat in your diet to the amount and kinds that doctors recommend?

Do you have regular healthy bowel movements each day?

Do you usually get enough sleep each night?

Do you avoid engaging in risky behaviors such as abusing alcohol or drugs, having unprotected sex or smoking?

Do you limit sun exposure and use sunscreen to protect your skin from damaging ultraviolet rays?

Do you regularly use moisturizers to keep skin hydrated and supple?

The more times you answer yes, the more likely you are to age slowly.

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http://beta.docker.realhealthmag.com/article/quickly-aging