

## 5 Things You Should Do Every Day to Age Better

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Living a long and healthy life is a goal many of us strive to achieve, but it's not always that simple. Aging gracefully requires a disciplined routine to help prevent the body and mind from breaking down over time, including eating the right foods, prioritizing your well-being, and maintaining close-knit relationships. If you're looking for your golden years to be bright and sunny, follow these daily habits.



### **Wear Sunscreen**

If you're not already wearing sunscreen daily, then there's no time to start like the present. Even if you already suffer from sun damage, sunscreen can prevent further problems and conditions, such as wrinkles and skin cancer. Be sure to apply sunscreen that is [SPF 30](#) or [higher](#) 20 minutes before going outside. This is

important to do even on cloudy days — harmful UV rays can still break through overcast skies.



### **Walk 30 Minutes**

Living a sedentary lifestyle contributes to weakening bones and muscular deterioration. That's why it's important to exercise regularly. If you're 65 and older, you should try to get [150 minutes](#) of moderate activity each week, which could mean as little as a 30-minute walk every weekday.



## **Laugh Often**

Laughter truly is the best medicine. A [study](#) conducted by researchers at Vanderbilt University found that vocalized laughter leads to a 10% to 20% increase in heart rate, helping burn calories. Laughter also lessens stress and depression, making it one of the best things you can do for your daily health.