

# 10 Daily Habits That Will Age You Faster

By Livvi Hess | [The Alternative Daily](#)



Picture yourself five, ten, twenty years from now. Will you be vibrant, strong and aging gracefully? Or will you be degrading fast and looking older than you are?

It's important to realize that the choice is in your hands. Since getting older is an extremely slow and gradual process that is happening by the minute, it's those little habits that we do every day that can determine how healthy and happy we will be down the road.

Luckily, the choices and habits that promote wellness as we age are also great ways to take care of yourself now. It's never too late to slow down the clock by embracing a healthier lifestyle. Here are the top 10 daily habits to avoid if you want to stay "young for your age."

## **Indulging too often**

If you usually say yes to dessert and other treats, such as pastries and candy bars, you may find yourself aging prematurely. Not only does sugar cause widespread inflammation in the body that can lead to disease, it also directly affects appearance. Sugar molecules initiate a biochemical process called glycation, which leaves you looking tired, puffy and wrinkled.

Let's not forget that consistently giving in to temptation (i.e., reaching for the donuts when you promised yourself you wouldn't) can also result in a loss of confidence and self-trust. Being unwavering in your resolve to eat healthily will

help you achieve more of what you want, leading to a happier more youthful future.

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### **Skimping on sleep**

Those who say “I’ll sleep when I’m dead” may in fact find themselves there sooner. Scientific studies have clearly shown that sleeping less than seven hours per night on a regular basis can shorten your life, not to mention leave you mentally sluggish and overweight.

The healing and detoxification processes that occur during sleep are vital for a strong, resilient mind and body. For example, the “sleep hormone” melatonin contributes to cellular repair which wards off cancer. The human growth hormone (HGH) is also produced during sleep, which gives us good muscle tone and youthful vitality.

### **Exercising only because of guilt**

Do you schlep to the gym and slog on the treadmill only when you want to lose weight? While any exercise is clearly better than none at all, the guilt-based model reflects an attitude that could be aging you.

People who stay healthy later into life often have physical fitness, strength and balance to thank. It’s important to take pleasure in moving your body and to enjoy the rush of blood, sweat and endorphins that comes along with it. Make exercise an enjoyable ritual, rather than a dreaded punishment.

### **Not taking proper care of yourself**

When was the last time you took care of – not your dog, not the house, not the kids, not your boss, not your partner – but yourself. Even for half an hour, or perhaps a whole evening? While this sounds impossible to many of us, the fact is, no

one is ever going to make the time for you. It's something you must do for yourself, and it's an important way to prevent premature aging.

Start by establishing small "me-time" rituals throughout the day, even if it's just a quick journal entry before bed, or a walk around the block in the morning. These small self-love gestures go a long way toward life satisfaction and ultimately long-term wellness.

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### **Using alcohol as stress-relief**

While a sociable glass of wine a couple of times a week is certainly not an issue, using alcohol as an escape from daily troubles might be making you old before your time. Not only because of the physical effects of the alcohol (like inflammation and a slower metabolism), but also because this indicates issues are being left unresolved and trapped inside.

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