

## STAYING YOUNG

Vanessa Waters

As Abraham Lincoln attested "It's not the years in your life that count. It's the life in your years." Whilst studies show that a healthy diet, drinking water, exercising in moderation and relaxation assist in slowing down the ageing process, there are other indications that prove that it's not just what you do, but the essence of who you are and the passion in your heart that keeps a person youthful.

Indeed, the art of being youthful is possible at any age. We speak to four happy individuals who have discovered the secrets of staying young, fit and energetic forever!

20's

Danjels Reedman  
Full time athlete  
Age: 22

I am a rower, in training to be selected to represent Australia at the Olympic Games and the world championships. I generally train for 4-6 hours per day, with up to 15 training sessions per week.

For me, getting older means more chances to keep improving myself. Looking good does not necessarily mean a healthy, sustainable lifestyle. Long term health is far more important.

I am fortunate in that I have access to experts - from dieticians to sports psychologists so I am probably more educated than the average person my age when it comes to health. However, my generation is lucky in that we have grown up with constant government warnings about covering up in the sun, the risks of smoking etc and have greater knowledge and more access to health care than ever before.

I believe in working hard but do it because you want to. If you enjoy what you are doing it will make even the most difficult task easy. The best way to look after yourself is to stay active and not let things get on top of you. Knowing when to 'switch off' is important - taking time out and relaxing are the keys to maintaining both physical and mental well being.

30's

Nicholas May

Advertising Production Manager, husband and father.

Age: 32

I like getting older! The older I am, the wiser I get and the better life becomes!

It's important to do what you enjoy! I spend most weekends at the beach surfing, swimming, snorkeling and hanging at the baby pool with my daughter. I also like doing my photography, painting and collecting shells and anything related to the ocean.

I started to think about aging in my mid twenties when I first noticed signs of skin damage. I was also unfit, used to eat junk food every day and drink too much. I always felt sluggish and tired. It was confronting and made me realise that I needed to look after myself more. Now I take care of myself by eating lots of good food (fresh veges, meat and fish), working out and running a few times a week, and using sun block and moisturiser.

My top tips for feeling good and staying youthful are to surf or swim every chance you get! Enjoy good food and a nice red wine and stay close to friends and family. It's also good to get away by going on road trips!

40's

Elaine Kwon

Professor of Music, Concert Pianist, Composer, Teacher, Martial Artist (2<sup>nd</sup> degree Black Belt in Tae Kwon Do, 5 times National US Champion), TV Show Host, Nike Model, Ambassador for the Women's World Conference.

Age: 42

I am the happiest now I have ever been! I was 37 when I was chosen for the Nike ad (even though they were looking for women ages 18-25), 'overage' when I won the US National Forms Championship for Tae Kwon Do and I was over 40 when I met the love of my life!

Both martial arts and music are essential to my happiness so for me it's important to maintain a sense of balance. When I was younger all I did was study and practice piano. I viewed exercise as a chore instead of seeing it as fundamental to good health.

My turning point came at 25 when I started training in Tae Kwon Do. It was the first time I was doing something physical out of pure passion and joy. That's when I realised that physical change produces mental change. As all the muscles and tendons in my body changed and developed, I felt as if my mind was expanding and strengthening as well. As my kicks and punches became

more powerful and flexible, my spirit and confidence became stronger and I started to see that anything was possible. It gave me the courage to stand strong and leave an unhappy marriage.

My attitude is it's never too late to learn, challenge yourself to grow, or try something new. Do things that make you happy – every day! My secrets for feeling young and energetic are to eat well (don't diet!), boost your metabolism by being physically active, treat yourself, practice the 5 Tibetan Rites of Rejuvenation (yoga based exercises that rid the body of toxins), and know how to be silly and laugh really loud!

It's true that we can redefine beauty at any age. We have to be confident in our individuality and ability, to find our own unique body weight at its healthiest state, then OWN it and be proud. Most importantly, we have to respect and take care of ourselves first, then we have to help, support and be kind to each other.

I would tell my younger self to trust my gut instincts, to take more risks and don't be afraid. Things always have a habit of working out if you are honest in your actions. Life definitely gets better as you get older!

50 and over

June Dally-Watkins.

Founder and Managing Director of the June Dally-Watkins Schools, Business Finishing College, and JDW International. Was voted Model of The Year and Australia's Most Photographed Model in 1949.

Age: 70 plus

I am 25 – forever! I was the first female in Australia to start her own Corporate Business and even now, 58 years (and four children and seven grandchildren) later, I still work full time. I wanted it all – marriage, family and a thriving career and always believed that a woman had a right to her own life, dreams and ambition.

Be the best you can be! Attitude is everything – the way we think is the way we feel. I just want to get on with it – to live life, keep occupied, mentally challenged and to help others. Giving to others is a happy blessing! As well as running my own international business I am also the Ambassador-at-Large for Cross Roads International, which is committed to helping others in need worldwide.

Like everyone else I have had times when I was physically unwell and once experienced depression. It was the love of my family that made me realise the joy of living. Family are indeed a great blessing, we must treasure them.

My secrets for staying young, healthy and energetic are to work hard, be passionate about what you do, keep active and challenged, maintain an acceptable image, get up early, eat and sleep well, stay involved, and smile a lot. Also, never think about your age as it is ability that matters. I am not a big water drinker but I do love café lattes and cappuccinos! I am a big walker and walk to and from work – about an hour every day!

My biggest tip for staying young is to live happily within yourself, to like the person you are and to give and receive love freely. Our life is empty without love – Love is the greatest gift of all.