

Ageing well

1. Hydrate

Drink minimum 1½ -2 litres per day and carry a water bottle with you. Your skin will glow and look supple whereas dehydrated skin will make any wrinkles appear more visible. So, keep drinking!

2. Start your day with protein

Eat a protein rich breakfast to support your mood, brain and for growth and repair of all cells namely skin, hair nails, eyes. As well as filling you up until lunchtime and keeping you on a healthy path for the day

3. Up your vegetable intake

Antioxidants found in colourful vegetables, leafy greens and berries fight free radicals which cause oxidative damage to the skin. Veggies also contain high levels of vitamin C and hyaluronic acid which keep the skin elastic. As Hyaluronic acid levels decrease with age, getting plenty in your diet will help to keep your skin smooth, supple and younger looking

4. Eat healthy fats

Vital for your body, brain and mood, as well as hair, nails and will help your skin appear younger. Healthy sources such as nuts, seeds, avocados, eggs, olive oil, coconut oil and fish

5. Move daily

If exercise is not your thing, try walking and increase your exercise that way and spend at least 20 minutes a day moving. If you are after an anti-ageing pill - exercise is your friend as it can boost your energy levels and will help to keep you look and feel young

6. Be happy

Do things that boost your mood. A happy mind will help you in all aspects of your life and a positive mindset is key to ageing well. Reflect on the positive rather than the negative and one really effective way is to stop comparing yourself to others

7. Spend time with positive people

Who make you feel good about yourself and supports you? Don't waste time on the drains and energy stealers in your life OR - Surround yourself with 'radiators' (people who radiate energy and positivity) and stay away from the 'drains' (those who constantly moan and complain) as they can drain your energy

8. Self-care & De-stress

Nurture and look after yourself as stress takes its toll on your body and can be very ageing so do something for you each day to ensure you're not running on empty. A great way to de-stress is to get out into nature as connecting with nature is very calming. And, why not make a little list of things that you enjoy, make yourself feel better, laugh or just simply lift your mood and make sure you do one every day.

9. Get plenty of sleep

One of the best anti-ageing remedies as it allows your body to renew and repair. Establish a good bedtime routine as lack of sleep will result in bags under the eyes and grey skin which will automatically make you look older

10. Moisturise your skin regularly

To maintain its elasticity and keep it as smooth as possible which will improve its appearance. Remember your moisturiser can only lock in the moisture that is there and always wear sun screen, even in winter, to protect your skin