

Why Write The Ageless Woman

You're Only As Old As You Feel

We've all heard that saying, and there is truth in it. We can exert some control over our biological age. Which is wonderful news as we tread the path of unstoppable, chronological ageing.

Recent scientific investigation suggests one reason for the link between subjective age and good health is that feeling younger protects middle-aged and older adults against damaging stress.

We know that functional health declines with advancing years because of the toll that wear and tear takes on the body. We also know that experiencing high levels of stress over a protracted amount of time is one of the biggest risks for physical and mental health.

So how is it possible to feel younger as your body stiffens up, your upright stance bows, your hips and/or knees wear out, your stamina for walking declines and your body strength plummets?

The answer is in making a choice, in choosing to take the steps that will slow down the rate at which these things happen. The key choice is to be fitter - both physically and psychologically.

Choosing to start a regular exercise regime will keep you strong, active, and supple. Flexibility exercises will keep your body supple and help maintain your upright stance. Hip and knee replacements are now routine operations and mostly very successful. Regular aerobic exercise (brisk walking and/or running) will maintain your stamina for movement, and resistance exercises such as light weightlifting will slow down muscle loss and maintain your strength.

In short, choosing to become the fitter version of yourself will have a positive impact on how old you feel. It will also help you lose body fat, if that too is a goal.

I wrote *The Ageless Woman, A Fitness Manual For Older Women* because I wanted to share my simple, practical approach to fitness and to feeling younger than I probably deserve to.

My approach has matured over the years into this current form, and is grounded in my experiences as an active, sporty person with a sport science heavy bachelor's degree and personal trainer qualifications.

Though some of the science may be relatively new, *You're Only As Old As You Feel* is an old saying. Take heart in its aged wisdom because it means achieving this goal is simple. At times the journey may not be easy, but the goal is most definitely achievable. And

if all else fails, remember this...

We're all in this together, no one is spared. Think what we've put our bodies through over the years, and yet, we're still here. But as we age, we inevitably become conscious of the need to be more proactive in charting the course of our lives and wellness.

So tell me:

What do you plan to do with the next chapter of your one precious life?

If you plan to be fitter and healthier, then this manual is for you. It's for women who want to do what they can to feel younger than they are; who want the quality of life that they so richly deserve.

From *The Ageless Woman* By Imogen Mann

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