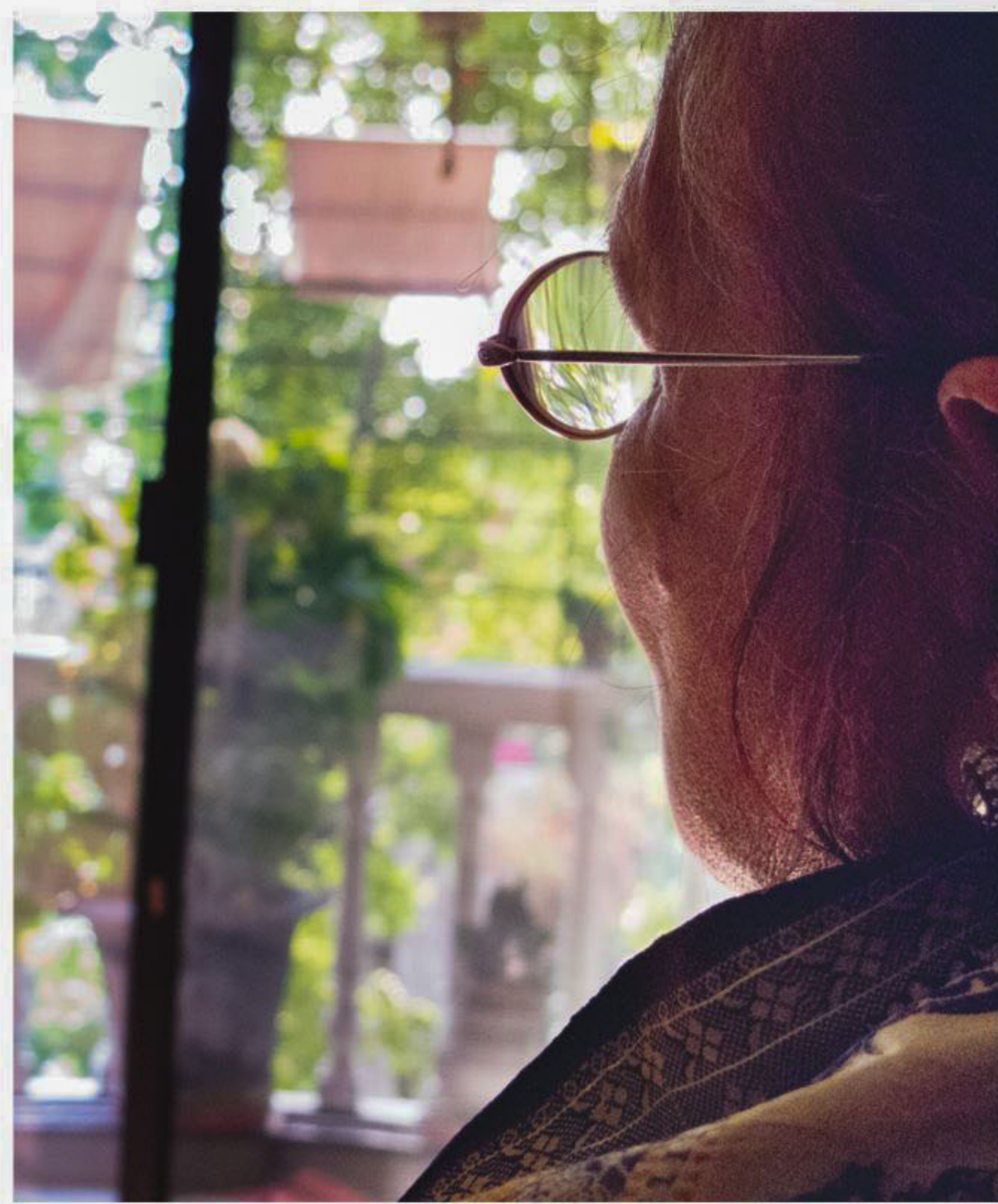


SPECIAL FEATURE

AGING GRACEFULLY

Grey hair was a symbol of being old back in the day, but those days have changed. Aging is a natural process which a lot of us want to avoid, but nature is persistently keen on bringing it upon us.

Growing grey is a different experience for every individual. Some might face wrinkles and fine lines from 29, others from 40. There is no skipping this phase in life; the best thing to do is to embrace it and to live graciously.

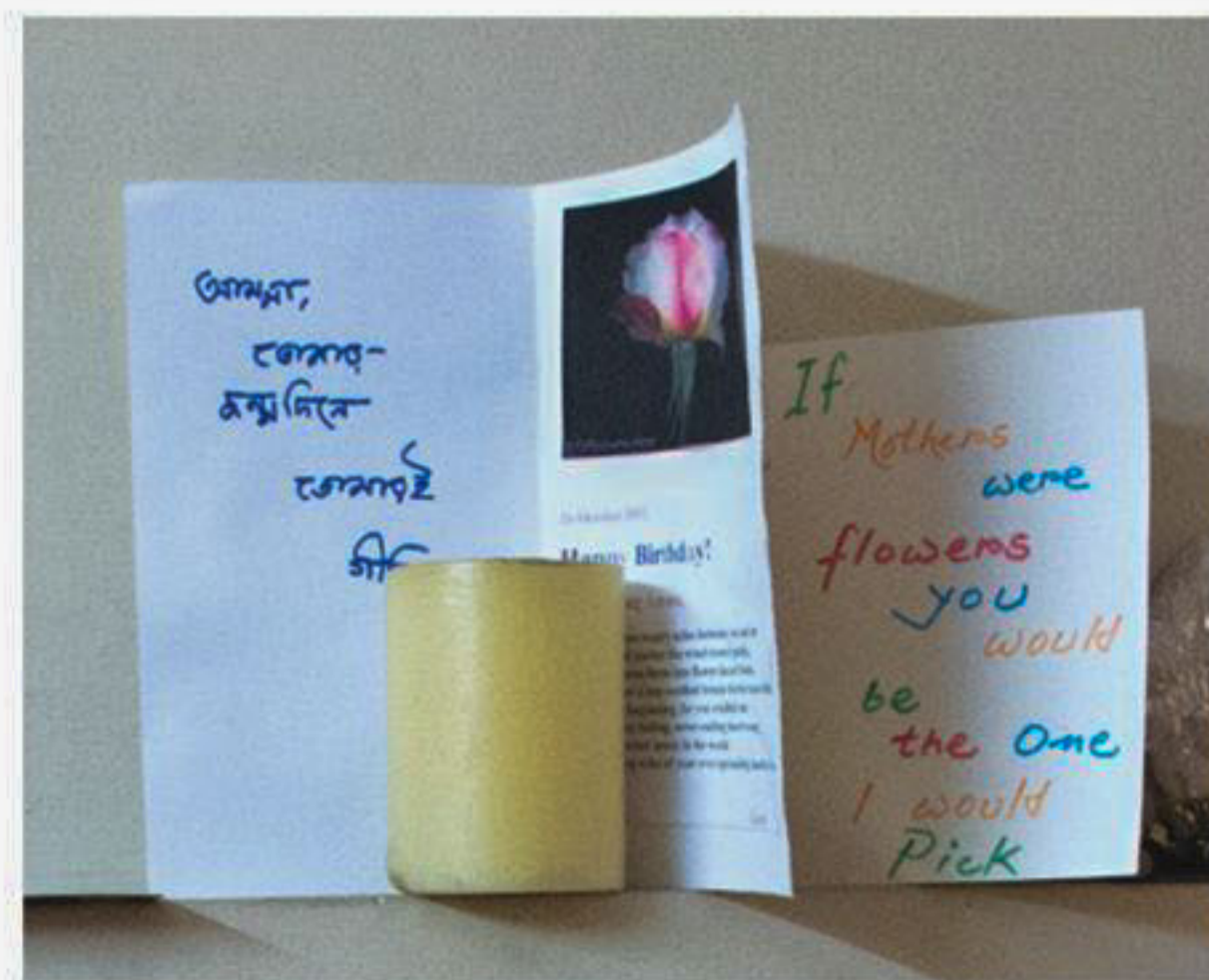
The key to living and growing old gracefully is to stay fit psychologically and physiologically. Physical fitness is essential, but being mentally strong and satisfied is more important. Happiness has always been stated as the road to feeling and looking healthy, but for an average human being feeling or being happy 24/7 is not realistically possible. As one matures into being an adult and growing old, one should develop the ability to be emotionally strong and have an adaptable and compromising attitude.

Life is not all rainbows and butterflies. It's a curving road, and as one progresses, responsibilities increase and so do commitments. This is why one should learn the act of sharing – sharing responsibilities and various household chores, be it with one's spouse, or children or sibling. Many do not realise that asking for help or taking help does not hurt one's self-respect. Sharing helps one to cope with all the duties. It will only make you stronger.

Staying fit physically is equally important. One should get into the habit of exercising regularly, at least three to four times a week, depending on one's age and health conditions. Walking is a very good form of exercise for people who cannot undertake heavy exercises; it is suitable for all ages and is excellent for keeping common health issues like blood pressure and diabetes

under control.

Healthy eating is necessary for all ages, but eating junk food till a certain age can be acceptable as the metabolism of young people is faster. As you age, it is necessary to be extra cautious about you consume. It is not possible to always refrain from consuming unhealthy foods like our all-time favourite biryani, burger or brownie, but



one should limit the intake of such food.

Controlling the intake of sugar and fried oily food will definitely do your organs and your skin a favour. Similarly, people indulging in the habit of smoking and drinking should quit as the side effects eventually show up on your skin, quickening your aging process.

Life gets busier as we grow old, but then comes the phase of retirement when people suddenly find themselves less busy and may find an empty hole in their daily lives. Maybe that is high time to restart that old hobby you had, or maybe take up a new one.

Exploring various activities will be highly beneficial as it will provide a chance to



meet new people, spend more time with family or maybe reconnect with old friends. One can always take up gardening, join a yoga class, join or maybe start a new book club, or maybe take it up a notch and join a piano or a guitar class.

No one is ever too old to start a new hobby. Explore, find what interests you and

simply start going. The mind will stay fresh and will bring happiness.

Apart from feeling good, looking good is equally important. With age come fine lines and wrinkles and dark circles. The smart option would be to try to control them with natural remedies and good eating habits.

For women, putting on layers of makeup to conceal them will do more harm than good and might end up making you look like a woman trying to look twenty. The appropriate option would be to dress your own age and apply makeup accordingly. Nothing looks more sober and elegant than that. Just imagine Meryl Streep or Sara Zaker, they dress their age and look absolutely divine.

We often come across women clad in elegant saris or formal attire with nicely tied up or blow-dried hair which boasts strands of grey and silver – and they look stunning. Many young men are seen these days with grey hair, and they do not bother to colour it like before as it gives a very classy, sophisticated look. It is so in, that celebrities are now dyeing their hair grey to sport the look, such as Rihanna and Kate Moss. Obsessing over grey strands will not be of any good, rather, just embrace it and make it a style statement.

Read. It is a good way to pass time and helps cope with life and feelings. When the time comes for the kids to move away, spend enough time with the spouse or a sibling, indulge in cooking together, reading and dive into the movies of the black and white era. Nothing feels better than these activities with a good cup of tea.

Aging is a process one cannot avoid. Take life as it comes and make the best of it. A positive attitude will go a long way. Feel good, dress to kill and look sophisticated.

By Lameya Alma Amin
Photo: LS Archive/Sazzad Ibne Sayed