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## 5 Stop this habit if you do not want to fast aging

Below is a list of the habits you should change rapidly aging immediately shown:

### 1. Watch TV too

In a study published in the Journal of Sports Medicine in the UK, with around 11,000 Australian 25 and older, researchers they found that watching television every hour, adults reduce about 22 minutes of your life. In addition, the average user than 6 hours per day watching television, live less than 5 years compared with those who did not watch television.

Dr. Casciari dozen authors, said: "The impact is far from being idle and instead of watching TV. When you sit around for more than 30 minutes, your body starts breaking down the sugar into the cells, making it more likely that excess weight. Whether you're watching television or sitting at a desk, get up and walk through several rounds after sitting for 30 minutes. "

### 2. Make too many layers

Too much makeup can make you look older class. Wear too much makeup, especially petroleum products, can clog pores and lead to acne skin.

In addition, excessive use of skin products containing perfume, the chemical stimulant, and alcohol can dry the skin, as it removes the natural oils in the skin, causing premature wrinkles and blemishes. Please consult a dermatologist for advice.

### 3. Too much work to solve

Some studies suggest that chronic stress causes the release of free radicals, unstable molecules that destroy cells and responsible for aging.

Instead of trying to do everything, doctor Casciari suggest that focus on one task at a time and just move on to other tasks when completed that task.

### 4. Always keep the inside temperature at a high level

Study co-author Dr. Marotta said: "Whether you turn on the heating or raise the thermostat, so the loss of moisture in the air. This can cause dry, puffy skin and eventually became the impact of aging. "

You should invest in a humidifier to keep the air dry (humidity of 40-60% is best) and this can help overcome the skin itching, scratching and peeling.

Furthermore, TS. Marotta also suggested to put a wet towel on the radiator or a bowl of cold water in the room as a way to replenish lost moisture.

Mrs. **Franci Cohen**, a specialist in nutrition and exercise physiology were certified Brooklyn, New York, he said:  
"Some fat is necessary to maintain the feel and youthful appearance. Omega-3 fatty acids is good for heart health in fish oil (salmon, mackerel) and some nuts (such as walnuts and flaxseed), to keep the skin soft and gentle stretching, since that prevent wrinkles and improves cardiovascular health and brain ".