



13 Everyday Habits That Are Aging You

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Are you aging faster than your years? If you don't like what you see in the mirror, it may be time to evaluate some of your daily routines. The foods you eat and even the way you sleep can add years to your face and may shorten your lifespan. Here, experts discuss the most common age-accelerating habits and ways to reverse the process.

Sleeping on your stomach or on your side with your face smashed into the pillow can create wrinkles and accelerate aging. "The connective tissue and collagen in your face becomes weaker and less supportive with age," says James C. Marotta, MD, a board-certified facial plastic surgeon and skincare expert. "So when you sleep on the same side of your face night after night, your skin won't smooth out or spring back as quickly as it did when you were young." Those crease lines from your pillow can become permanent. Sleep on your back or invest in a satin pillowcase to keep skin smooth.

You cut out all fat from your diet

Some fat is necessary for maintaining a youthful feeling and appearance, says **Franci Cohen, a certified nutritionist and exercise physiologist from Brooklyn, NY.** "Heart-healthy omega 3 fatty acids found in oily fish (such as salmon and mackerel) and certain nuts (such as walnuts and flax seeds) keep skin supple and plump, thereby preventing wrinkles, and they boost both heart and brain health as well," she says. The Academy of Nutrition and Dietetics recommends including fish in your meals at least twice a week.