



SO YOU eat your daily dose of fruit and veg, exercise regularly and stay out of the sun. You'd think you'd be 10 steps ahead of the ageing game, right?

www.calgaryindians.com

If you're ageing faster than your years, it may be time to change up parts of your daily routine. The way you sleep, work and spend your down time could add years to your face and shorten your lifespan. Several health experts spoke to Health.com about the most common age-accelerating habits and how to stop them.

You cut out all fat from your diet

Not all fats are bad. In fact, it's crucial you eat good fats if you want to maintain a youthful appearance, according to **Franci Cohen, a certified nutritionist and exercise physiologist.**

"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 said.