

19 habits that age you

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Aging is inevitable, but you can still feel and look younger than your years if you know a few facts. If you're fatigued in the middle of the day or notice new lines on your face in the morning, your everyday habits may be adding more years to you than you know. Experts give advice on ways to turn back the clock. -- By Linda Melone for MSN Healthy Living



YOU KEEP FATS FAR AWAY FROM YOUR DIET

A minimum amount of fat is necessary for the body to be able to maintain a youthful, energetic feeling and a pleasant appearance. "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 the skin supple and plump, thereby preventing wrinkles, and they boost both heart and brain health as well," says **Franci Cohen, a certified nutritionist and exercise**

physiologist from Brooklyn, New York. It is recommended that you incorporate fish into your diet at least twice a week.