

**SPECIAL  
POINTS OF IN-  
TEREST:**

- **What is Your Real Age**
- **Take the Real Age Test**
- **You Are Only as Old as You Feel**
- **The Ultimate Anti-Aging Vitamin**
- **Do You LOOK Old**

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# Hats ON for Safety

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## How Old Are You?

### What is Your Real Age

There are strategies to make your “real age” younger.

#### • Take your vitamins.

Regularly taking vitamin C (1200 mg a day), vitamin E (400 IU/day), calcium (1000-12000 mg/day, vitamin D (400-600 IU/day), folate (400 mcg/day), and vitamin B6 (6 mg/day) can make your RealAge 6 years younger.

#### • Quit smoking and avoid passive smoke.

Smoking makes your RealAge 8 years older.

• **Know Your Blood Pressure** A person with low blood pressure (115/75) is as much as 25

#### • Take the RealAge Test: Develop an Age Reduction Plan.

Over your lifetime, you can make your RealAge as much as 26 years younger. That means that you will live younger every

years younger than a person with high blood pressure (greater than 160/90).

• **Reduce Stress** In highly stressful times, your RealAge can be as much as 32 years older than your calendar age. By building strong social networks and adopting stress-reduction strategies, you can erase 30 of those 32 years.

#### • Floss Your Teeth

Flossing and brushing daily can make your RealAge 6.4 years younger.

#### • Be Active

Even a small amount of exercise—two 20 minute walks per day—can make your RealAge nearly 5 years younger.



day, and live longer with as much health an energy as possible. To take the test go to [realage.com](http://realage.com).

• **Laugh a Lot** Laughter reduces stress, strength-

• **Wear Your Seatbelt** Wearing your seatbelt and driving within 5 miles of the speed limit can make your RealAge as much as 3.4 year younger.

#### • Fill Up on Fiber

Getting 25 grams of fiber a day in your diet can make your RealAge 2.5 years younger. Men may need even more.



#### • Monitor Your Health

People who are proactive about seeking high-quality medical care and managing chronic conditions can have a RealAge as much as 12 years younger than those who do not.

ens the immune system, and can make your RealAge as much as 8 years younger.

• **Become a Lifelong Learner** People who remain intellectually involved throughout their lives have a RealAge of 2.5 younger.

## You Are Only as Old as You Feel

This may be an old cliché but according to a new study sayings can have a positive effect on a person's mental and physical well being.

Researchers from Eastern Illinois University found that "memorable messages" about aging can persuade people to change their life styles as they grow older. Messages to do with enjoying life included "You're only young once, enjoy it while you can" and those to do with being in a state of mind included "Getting old and being old are two different things."

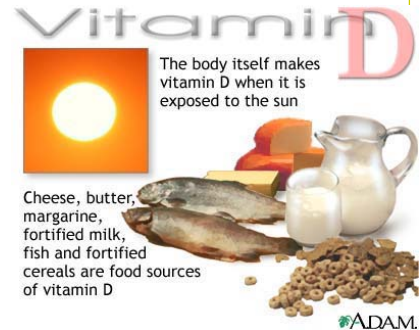
Volunteers comments included:

"The message had a tremendous effect on my thoughts of old age. I now see it as an award for leading a decent life."

"It has shown me that aging is not a bad thing. It will be a time where I can relax and watch my family grow."

## The Ultimate Anti-aging Vitamin

Vitamin D may give you a leg up when it comes to keeping your balance, your grip strength and your foot speed. You can get D from the sun and from food, but most people need a supplement to get enough, especially in the winter when the sun is weaker. A lack of vitamin D is fairly common, about 40% may not be getting enough.



What are \*YOU\* worried about? Let us know safety topics that could help keep your workplace safe!

## Do you LOOK Old?

Wondering what you can do to nurture healthy, vibrant skin from the inside out.

### Tackle stress.

•**Practice deep breathing.** When you focus on breathing you're not focusing on anything else.

•**Get Active.** This boosts circulation, which delivers more nutrients to cells and skin. It increases lung capacity, so you can take in more oxygen; lifts your spirits and sense of well-being; For many, it's the ultimate stress reducer.

•**Beat the Foods that Beat You.** Protein is key to avoid-

ing mood swings and energy dips. It helps you maintain a healthy blood sugar balance. Bumping up your protein gives you more energy and fights hunger pangs.

•**Focus on the Good Things** Pick up a notebook you like, and at the end of each day, make a list of things for which you are truly grateful.

Or write down three things that went well. Keeping a journal of the good things in life helps shift your focus to what you're doing right, and that can put a brake on the stressful, negative chatter.

•**Stretch Out Your Sleep** Make it a goal to sleep as many hour as you need to feel alive and productive the



next day—all day. Sleep is free cosmetic medicine. Nothing exacerbates stress and etches in fine lines like exhaustion.

•**Take a Time-Out** For most of us life is so hyperscheduled and speedy that we never do absolutely nothing. Find a comfortable quiet spot to sit for 10—15 minutes every day. Slowing down for a little while helps create a sense of spaciousness in your life, a break in the nonstop whirl that can open the door to new perceptions, new solutions, new possibilities.

You know you're getting old when all the names in your black book have M.D. after them,  
*Arnold Palmer*