



LET'S AGE beautifully!

Here are easy and natural ways to help you stay looking fabulous and feeling great for longer. No needles, knives or pills required!

Pimp your posture

Having great posture and balance has to be our top age-defying aim. Working slow makes our back looser, slower and younger instantly! Hanging on to an impressive both posture and balance isn't an impossible dream. Here's how to straighten up. **Start your centre and strain back a few years!**

- Stand in front of a mirror, arms by your sides.
- Imagine there's a string at the crown of your head, pulling it up towards the ceiling to lengthen your neck.
- Check that your chin is tucked under and down.
- Roll shoulders back and down. Lift your rib cage up.
- Make sure that your pelvis is centred, not tilted.
- Knees should be straight, but not locked.
- Lastly, better, just honestly, you've shaped yourself. Use weights to do more.

If teaching has become your thing, try an exercise that traps correct flat-round-shouldered sets.

- Stand with feet hip-width apart, holding small hand weights in front of your thighs, palms facing the floor.
- Lift the weights straight up, level with your chest until elbows and forearms are parallel with the floor.
- Lower to the start point and feel the resistance. Breathe in, do three sets of 10 repetitions with a rest rest between. You'll be really fit! It's working between the shoulder blades. Paraspine - your shoulders and back will love you for it!

TEST YOUR BALANCE

Use it or lose it! Try the test to check out your body's stability.

- Stand straight, then raise one leg forward with your knee bent at a right angle, arms stretched out to the sides.
- See how long it takes before you put your foot down to stop falling over (more than 30 seconds?)
- You have the balance of a 20-year-old. Later than 15, you're need 30!
- How good at standing on one leg?
- Try with one foot in front of the other, heels to toes, and close your eyes. How long can you stay in that?
- You should be aiming for 30 seconds!
- You could also try our balance booster page.

BOOST YOUR BALANCE

Here's a nudge to improve your balance.

- Stand with feet hip-width apart and hands on hips, shift your weight on to your right foot and lift your left foot, bending your knee. Hold steady for up to 30 seconds (your goal).
- Slowly lower right foot to the floor and repeat on other side. Do each side 10 times.
- Not it worked? Try some more balance challenges, including some Mat Pilates.
- Stand on a foam pad for a less stable surface.
- Do the above but try it with eyes closed.
- While standing on one leg, swing out then bring back your foot. That's it!

Your wellbeing



Start meditating

Meditation is good for your hormones, the little bits at the end of each strand of DNA that protect your chromosomes and shorten with age. Keeping them long and fit for purpose protecting the genetic material that makes healthy cell reproduction can help slow the ageing process. Studies show that regularly practicing meditation not only helps to soothe your angst but can also protect these telomeres. Try this from expert Patricia Cadden.

FIVE-MINUTE BREATHERS SPACE

Imagine an hourglass. The upper part contains everything you are experiencing that is causing you stress. A ball of these things in your awareness for about five breaths. Let it drain out except with all your senses, that this is empty the way things are right now.

Wellbeing isn't a one-size-fits-all. It can help you cope with what you know of you and gives you a sense of calm and peace that you can't find by default.

Place the narrow neck of the hourglass, symbolising the point at which you let go of all thoughts so that you can and focus only on your breath. Breathe in and out slowly and carry 10 times and try to let any thoughts simply pass by. Next, visualize the bottom third of the hourglass. This is the base and the centre of strength. As you take it, become aware of your feet and let yourself feel grounded, imagine you are growing roots that go deep into the ground and receive a love, the spirit of strength and fortitude.

Hopefully, you will feel calmer and stronger and can see your anxious thoughts melt down to the bottom of the hourglass where they can now stay. © Patricia Cadden's author of The Little Book Of Meditation (hard) a mindfulness teacher and psychotherapist.

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Your wellbeing

Exercise your face!

If you're not a fan of needles and knives, facial exercises could be the perfect alternative. 'It's the missing piece from our beauty routine,' says Pilates expert and creator of **FaceToned**, Carme Farré ([face toned.com](http://www.face toned.com)). 'By exercising our facial muscles, we can increase tone and volume which helps define the bone structure and leads to a more youthful silhouette.'

CORE LIFT

TONES THE CORE, NECK AND LIPS

Lengthen the neck, bringing the tip of the tongue between the top lip and teeth, pressing against each other. Keeping the pressure constant, circle the tip of the tongue right, down, left and up four times and then change direction. Perform three times. Relax.



FOREHEAD SMOOTHER

TONES FOREHEAD, SOFTENING WRINKLE LINES

Place both index fingers just above the eyebrows and hold them firmly in place. Pulse the forehead up and down eight times, while resisting with your index fingers. Then keep the lift for a count of eight and relax. Perform three times.



TRIANGLE TONER

TONES THE 'YOUTH TRIANGLE' OF THE CHEEKS AND LOWER EYELEIDS

Lengthen the neck and place both index fingers next to the outside lower area of the eyes; slightly pull to the sides, up towards the temples. Keeping this position, squint and relax as you pulse the lower eyelid eight times, making sure that the upper eyelid does not move. Then keep the squint for eight counts and relax. Perform three times.

