

## Turn Back Time With This Anti-Aging Guide

This guideline will support you on your journey towards a healthier and youthful lifestyle by explaining the science behind anti-aging and providing an easy-to-follow step-by-step health tracker.

### How does your body tell you that you are aging?

6 common signs:

1. Wrinkles (Your skin is drooping and losing its natural bounce)
2. Dark spots (Age-related skin changes are starting to appear)
3. Dry and saggy skin (Your skin feels flaky and loose)
4. Falling and thinning of hair (Your hair doesn't look strong and shiny anymore)
5. Reduced heart, liver, gut, and brain functions (Consequence of aging)
6. Osteoporosis (Your bones wear out as you grow older)

### How can I improve my workout schedule?

E.g. I will go for a 10 minute walk right after waking up for a week.

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### What signs of aging do I have? And which improvements I want to achieve?

E.g. I have wrinkles and the skin around my eyes is saggy. I want to improve the appearance of my skin.

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### The right diet is helpful

Adding the right food to your diet can support your new healthy lifestyle.

### Exercising

Regular exercising, such as walking or cycling, can increase your health and may prolong your life.

### The right mindset is the key

To achieve a goal, you need the right mindset!

### Write down 3 adjectives to strengthen your spirit!

E.g. I am beautiful, young and independent.

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### Don't let stress get the best of you! How can I reduce stress in my daily life?

E.g. I can take 5 minutes to meditate and center myself.

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### How can I support my body?

E.g. I take my anti-aging supplements daily, exercise and follow a healthy diet."

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### Ask yourself - Which healthy food can I add to my diet?

E.g. I should eat more fruits and vegetables like berries, red grapes etc. to boost my antioxidant levels.

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## Track your Progress

Sometimes it helps to have a time frame to keep yourself motivated during your health journey. Motivate yourself during tough days by reminding yourself about your goals.

**I started my health journey on** \_\_\_\_\_

**because** \_\_\_\_\_

### For week 1, this is my goal

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\_\_\_\_\_

*E.g. I want to take my anti-aging supplement every day.*

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Mark the day with ✓ or ✗

### For week 2, this is my goal

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*E.g. I want to include at least 1 serving of vegetables and fruits in all my meals daily.*

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Mark the day with ✓ or ✗

### For week 3, this is my goal

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*E.g. I want to get at least 7 hours of sleep every day.*

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Mark the day with ✓ or ✗

### For week 4, this is my goal

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*E.g. I want to include at least 20 minutes of physical activity daily.*

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Mark the day with ✓ or ✗

## Important tips

- Always use gentle face products: Do not disturb your natural skin barrier.
- Check for a moisturizing-double feature in Sun-screens: Your skin will thank you!
- Some physical activity is better than none at all! Add small bouts of workouts to your daily routine.
- **One last tip:** Stress is the most notorious cause of early aging: reduce it and your body will thank you!

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## What can I do to improve?

*E.g. I can go to bed 30 minutes earlier.*

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## What do I want to achieve?

*E.g. I want to improve my skin and safeguard my heart health.*

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## What did I like most about my routine?

*E.g. I could easily fit it into my daily schedule.*

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