

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:

- 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)
- 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.

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.

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!

body? E.g. I take my anti-aging supple-

How can I support my

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

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.

Write down 3 adjectives to strengthen your spirit!

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

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.



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 _____

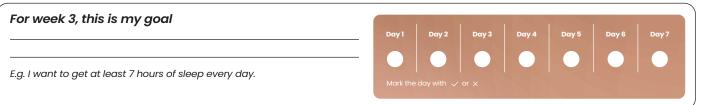
Important tips

- 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!

Embrace your femininity with Rasha – a lifestyle platform built exclusively for women. Rasha brings beauty, health, and fitness together and elevates them into the realm of fashionably chic so that you can live your healthiest and most stylish life, all while looking and feeling your best.

For week 1, this is my goal Eg I want to take my anti-aging supplement every day.





For week 4, this is my goal							
	Day1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
E.g. I want to include at least 20 minutes of physical activity daily.	Mark the day with \checkmark or X						

What can I do to improve?	What do I want to achieve?	What did I like most about my routine? E.g. I could easily fit it into my daily schedule.		
E.g. I can go to bed 30 minutes earlier.	E.g. I want to improve my skin and			
	safeguard my heart health.			