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Aging is a biological process that affects all living things, whether it's a fruit, a flower, an animal, or a person. When it comes to humans and the ageing process, some people appear to be older than they are, while others of the same age appear to be much younger, due to discrepancies in biological age relative to chronological age. What is the meaning of chronological age? It is the number of years that have passed since one's birth to the present. While the physical and mental processes of a person are used to determine biological age. There are certain issues that contribute to ageing that are beyond our control, such as air pollution, hereditary factors, and others, but there are many things that we can do to adjust how we age. Is it possible to slow the biological ageing process? The answer is Yes!

Do We Look **OLDER** or **YOUNGER** than We Really are?

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These are the most important influences on biological ageing.

Exercise – Little – No exercise

Why is fitness such an important factor in warding off the ravages of ageing? Because being healthy entails moving the body in a variety of ways, such as high, medium, or low impact aerobics, anaerobic, walking, running, resistance training, sports participation, cycling, and many others.

Moving supports excellent circulation, promotes digestion, improves the heart, aids in the release of body toxins, and has other beneficial effects on the body that help reduce inflammation linked with age and illness. Sedentary behavior is likely to encourage the accumulation of toxins in the body as well as inflammatory responses that might lead to such harmful consequences. To achieve the best results, combine daily activities, workouts, and sports participation. Strength training should be done two or three times per week. The more we become older, the more we require these extra activities.

Nutrition – Bad vs Good

What you eat appears to be how you are. Many people are unaware of how food affect their appearance. You will age from the inside out if you continue to eat unhealthy foods, not to mention gain weight. Eating right most days of the week can make a big difference in how old you appear and how fast or slowly you age.

Exposure to the Sun

Sun exposure is beneficial to your health since it is the most effective technique to ensure that your vitamin D levels are enough. Overexposure to the sun, on the other hand, is harmful to the skin and can damage skin cells, producing age spots and the skin to become wrinkled, saggy, and loose, making you appear much older.

Water Consumption

The body needs adequate water intake to function properly. It regulates metabolic and chemical reaction in the body and maintains body temperature to sustain the body's systems and functions of all its organs, tissues, and cells. If all these are not adequately hydrated, they will begin to dry out and malfunction. To function properly, the body requires adequate water intake. It controls body temperature and regulates metabolic and chemical reactions to keep the body's systems and activities of all its organs, tissues, and cells running smoothly. They will begin to dry out and malfunction if they are not appropriately hydrated.

5 Reduce Stress Levels

We understand that everyone is stressed these days, but it has more to do with your lifestyle and habits. Cortisol, a stress hormone, causes your heart to beat faster and your blood pressure to rise, making you tired, drained, and older. Meditation activates your body's relaxation response and protects your brain from ageing. Just a few minutes of cheerful me-time a day will do wonders for your stress levels.

6 Enough Sleep

Sleep deficiency has a significant impact on your appearance. According to one study, poor sleepers showed more signs of ageing than those who got a good night's sleep. In addition to premature ageing, lack of sleep reduces the skin's ability to recover after exposure to the sun.

7 Obtain an anti-aging skin supplement

Retinol is something you should start using before your skin cell turnover rate slows down, just like sunblock and other skincare creams. Retinol, also known as vitamin A, accelerates cell turnover and fools the skin into acting younger, as evidenced by numerous studies.

8 Avoid sugar

Sugar is everywhere but avoiding it as much as possible in your diet is critical for your health, particularly when it comes to your face. Dr. Nigma Talib in her book entitle "Younger skins starts in the gut" mentioned that excess sugar consumption can result in 'sugar face,' or wrinkles, fine lines, and blemishes. Everything you do not want is included in this list.

Conclusion

Although ageing is unavoidable, you can take efforts to promote healthy ageing. Healthy ageing includes committing to a regular exercise routine, eating a healthier food, managing stress, and getting enough sleep. Why not change some of these preventable causes as anti-aging strategies? With so many other elements that we cannot control when it comes to ageing, we should instead focus on healthy living choices that we can manage to make the journey a little smoother.

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