

Better Health for Life from
Lehigh Valley Hospital and Health Network

Look Younger Naturally

Looking to turn back the hands of time? You don't necessarily need cosmetic surgery, says Greg Salem, director of the Youthful You Institute at Lehigh Valley Hospital and Health Network. Here are strategies to look younger and do your health a favor:

I Drink water. Staying hydrated helps keeps your skin moist and young-looking. To calculate how much you need, divide your body weight by two. That's how many ounces of water to drink daily. For example, if you weigh 150 pounds, drink 75 ounces of water (about nine 8-ounce glasses) a day.

I Exercise. Stretching and strengthening exercises like yoga and Pilates help contour muscles and reduce flab. You'll tone your body and enjoy great health benefits, like keeping your joints and heart healthy.

I Stop smoking. Smoking not only leads to cancer and heart disease, it accelerates the aging process by robbing your body of oxygen and damaging your skin from the inside. Stop now to avoid premature wrinkles to your face and neck and unhealthy skin color.

I Hydrate your skin. Use cleansers, toners and moisturizers that match your skin type and address your skin condition. If you need help, see a cosmetologist or esthetician (they are licensed in Pennsylvania). The cosmetic sales consultants at department stores are not qualified to make product recommendations.

I Avoid the sun. Excessive sun exposure can damage your skin, causing wrinkles and spots as you age. Wear a brimmed hat and use sunblock with SPF of 15 or higher all year round.

I Stay well-groomed. First impressions can be powerful, so take care of your nails and hands—"used the most and cared for the least." Consider a professional manicure or hand treatment.



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HEALTH NETWORK

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For more information about the Youthful You Institute or to make an appointment, call 610-402-CARE.