

LIVING YOUNGER

DISCOVER THE SECRETS TO ENJOYING A YOUNG BODY,
SPIRIT, AND MIND AT ANY AGE

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INTRODUCTION

*“Nobody grows old by living a number of years.
We grow old by deserting our ideals.”*

–Samuel Ullman

Aging is inevitable, but growing “old” is a choice. Aging happens to us every day and has happened to us from the moment we entered the world. Our early years were spent yearning for our next birthday, yearning to be old enough and big enough for new privileges, and dreaming about “growing up”. For many people, this enthusiasm for getting older fades and becomes replaced with a fear or a dread of aging.

Have you noticed a decline in your physique, ease of movement, energy levels, or zest for life over the past few years? Have you begun to dread aging? Are you ready to create a future that you look forward to? Would you like to create an amazing aging experience? Then this book is for you!

You will learn that your age is not related to a number, rather, age is something you experience. Embracing the perspective of age as an experience opens up an empowering realm of possibility, where you can CHOOSE your experience! After reading this book, you will feel renewed enthusiasm for the years to come! You will feel empowered to create an aging process you feel good about, as you

become aware that **many aspects of the aging process are within your control!** You will learn of some changes you can make in your daily routine that will allow you to live with vitality for decades to come. I want to gift you with the confidence that you can take actions today to stay young tomorrow.

I bring a unique perspective to this topic as a life coach who also is a leader in the fitness industry. I have studied a broad range of being human. I studied human behavior and psychology, as I started my career with a degree in Social Work. Then I studied the human body as I became a personal trainer when I was in my late 20's. I opened a personal training facility, and over the next decade I observed and trained hundreds of people while I continued to learn from the world's best teachers in the fields of nutrition, metabolism, fitness, and the movement of human body (kinesiology). I observed the way our emotions and thoughts effect our behavior choices, which then effects the condition of our bodies. I then expanded my studies to become a life coach so that I could help people experience even deeper levels of well-being as we could now integrate emotional and spiritual health. I respect the intimate connection between the mind, body, and spirit.

My concept of being an older adult was completely reshaped the first time I participated in a Master's Track and Field National Championships event. When I arrived at the competition, my mind was blown by what I saw before me. There were men and women competing in all the track and field events, starting at age 35 up to ages 70,80, 90, even 100 years old! Athletes were warming up all around the stadium, and the event on the track when I arrived was women's hurdles, age group 70-75. I was astonished to see these

older women leaping over hurdles at full speed! As amazed as I was to see older athletes competing at this level, I was equally amazed to see how young they looked! For example, when they would call Men's 100m onto the track and announce, "Age group 60-65", the men that stepped out looked like they were in their early 50's or even younger! As I sat beside my friend, watching the events of that first day, she pointed out one of her teammates across the field who sprinted up to the high jump bar and cleared it effortlessly. She was a lean athletic woman with a light-colored ponytail. Watching her move from across the track, I assumed she was in her late 30's. When I met her in person, I learned she was in her early 60's! Since then, I have witnessed athletes as old as 103 setting world records! I have seen hundreds of men and women in their 70's, 80's, and 90's maintaining focused workout regimens and competing at high levels. What had these athletes discovered that allowed them to enjoy such a high quality of life, and seemingly reverse aging by 1-2 decades?

I've engaged with this question over the past ten years, and while closely observing and studying all aspects of the human experience I've discovered that there are many factors of aging within our control! In observing the hundreds of individuals I trained in my studio and in Masters sports, I saw confirmation in case after case that one's age number did not correspond to the level of youth in one's body!

The purpose of this book is to empower you to create an amazing aging experience! I will teach you the secrets of youth and how to apply them so that you will not "grow old" if you don't want to! I will equip you with information, tools, and resources that will enable you to create a compelling future. You will learn how to make

the small habits, actions, and lifestyle changes that will allow you to enjoy life feeling a decade younger than your chronological age!

This book is designed to serve as a guide, to lead you to concepts and to help you do your own research. I will skim the surface of many aspects of vitality and give you resources for further investigation, as there are already many good books, articles, and research studies that will delve deeper into these concepts.

If you are in your 30's or 40's, you can use this knowledge preventatively, so that you do not experience aging at the rate of the majority of the population. If you are in your 50-70's, you will be able to use these concepts to reverse your body age. Many older clients that I coached received compliments from their friends and family about how they were looking younger, as changes were happening in all cells of their body that affected their skin, posture, energy levels, muscle tone, and libido. Included in this book are inspirational examples of people who did not start their journey until their 60's and 70's.

Within this book, you will find that I address you as a whole Human Being. Many books segment various components of being a human, writing only about nutrition, or solely about exercise and workouts, or maybe a book with a focus on spirituality. In this book, I put all aspects together so that you have a holistic perspective on how to be a younger human! We are so beautifully and intricately designed, that it would be a disservice not to integrate all aspects.

Life is best measured by the *quality* of your years, not the *quantity*. A youthful heart, a youthful soul, and a youthful body—these all

need to be united to experience life to the fullest! As Abraham Lincoln said, “In the end, it is not the years in your life that count. It's the life in your years.”

So with love and all my positive intentions for a rich life ahead, I give you the secrets to living younger!