

Ep 9: 3 Ways to Feel Better About Aging

author:



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Synopsis

Today, I'm sharing some hard truths: Aging is a slow decline. But the rate and speed of aging is a choice. In this episode, I detail practices to feel younger than your age and three ways to reframe the aging process. I also illustrate how to create different habits and provide a visualization practice to bring your goals into reality. I know what you're capable of and you can become empowered to take action and improve the aging process!

First, I share reflections from moments when I felt "old" and why I worked so hard to redirect language around age. I also detail how the body changes in midlife and why it's so important to reframe how you process and verbalize your experience and to not give up along the way! From there, I explore three ways to positively reframe the way you think about age, and provide an "ideal scene" visualization practice to get clear about your goals!

Without an ounce of doubt, I feel younger (and better!) today than I did in my 30s. If you are a woman who wants to improve how you feel about the aging process. This episode is for you.

Want FREE access to my brand new four-week strength training plan, Strength Without Stress? Head over to hollyperkins.com/review where you can upload a screenshot of your review and gain immediate access. This is a limited-time offer before it sells for \$197, so be sure to grab it now!

If you resonated with anything shared in today's episode, I hope you'll rate and leave a *glowing* review of the show on Apple Podcasts. Be sure to follow and subscribe to keep up-to-date when new episodes drop on Tuesdays!

Topics Covered:

- My definition for "feeling old"
- Why I redirect the way I think and talk about age
- Why your body changes in midlife
- Three ways to reframe the aging process
- An "ideal scene" visualization practice
- Three action steps to create different habits

Resources Mentioned:

- See the research on "menopause body composition changes" [HERE](#)
- See the research on inflamm-aging [HERE](#)
- See the research on muscle tissue changes with aging [HERE](#)
- See the research on sarcopenia, frailty, and diabetes in older adults [HERE](#)

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