

EASY CHECK-LIST TO STAY FIT AND FEEL GORGEOUS IN YOUR 50'S

Staying fit and feeling gorgeous in your 50s as a woman involves a combination of physical, mental, and emotional well-being. Here are some tips to help you maintain your health and radiance in your 50s:



MAINTAIN A HEALTHY DIET

- A balanced diet with an emphasis on fruits, vegetables, lean proteins, whole grains, and healthy fats.
- Portion control
- Drink plenty of water.
- Reduce processed foods, sugar, and excessive salt.



REGULAR EXERCISE

- 75-150 minutes of moderate aerobic and flexibility exercises per week
- Approximately 5k steps per day
- Strength training with light weights for 10 minutes a day can help maintain muscle mass, bone density, and metabolism as you age.



SLEEP

- Prioritise sleep - it is the magic wand that can improve your health, settle your hormones, sooth anxiety and clear your head
- Don't eat 2 hours before bed, cut back on caffeine and alcohol
- Aim for 7-9 hours of quality sleep nightly
- Establish a comforting bedtime routine that will wind you down and relax you
- Use online apps like Calm to sooth your way



LOVE THE SKIN YOU'RE IN

- Use sunscreen daily to protect your skin from UV damage.
- Moisturise regularly to keep your skin hydrated.
- Find a skincare routine that suits your skin type and concerns.
- Drink plenty of water

Dr Teresa Day is a fully qualified, medical professional with over 20 years experience practicing facial aesthetics. Dr Teresa's clients tend to be between the ages of 40-65 and are looking to enhance their natural looks with safe, tried and tested procedures and quality products. Dr Teresa has clinics in Maidenhead and Newbury with prices starting from £170.



SOOTH YOUR STRESS

- Practice stress-reduction techniques like meditation, yoga, or deep breathing exercises.
- Prioritize self-care and relaxation to maintain emotional well-being.
- Take the time to see friends and family, plan fun social activities
- Get out in the fresh air, walk and breathe



MANAGE YOUR HEALTH

- Stay up-to-date with health screenings, such as blood panels, mammograms, bone density scans, bowel cancer checks and other suitable tests for your age
- Discuss any health concerns or changes with your healthcare provider



STAY MENTALLY ACTIVE

- Engage in activities that challenge your mind, such as book clubs, hobbies, charity work, puzzles, reading, or learning new skills.
- Socialize with friends and family to maintain a healthy social life.



FASHION & STYLE

- Stay engaged with fashion and adapt it in a way that reflects your personal style
- Maintain classic, favourites in your wardrobe and update with a few key current pieces or colours to bring yourself on trend
- Don't be a slave to fashion - feel confident but stay comfortable.



HAIR & MAKE-UP

- Have a make-up consultation to assess your skin-type and colouring to make sure you've got the products for your skin type
- Have a make-up lesson - go for natural looks that will enhance your best features
- Ensure your hair is in a healthy condition by using the right products and having regular cuts
- An experienced colourist can show you the colours and techniques that are right for your skin tone



FACIAL AESTHETICS

- Consider enhancing and refreshing your looks with some well chosen facial aesthetics 'tweakments'
- Keep it natural - think about tightening & improving skin tone on your face and neck, lifting an eyebrow, plumping a lip, or smoothing a laughter line
- Research, and be clear what you want to achieve
- Go to a reputable, fully qualified, experienced medical professional for advice
- Ask for recommendations