

Steps to Take In Your Thirties to Ensure Healthy Sixties

Are you fit enough in your thirties to make sure you are as healthy when you reach your sixties? Your answer is probably no. From smoking to a lack of sleep to a diet consisting of junk food, almost every thirty-something-year-old is guilty of one, if not all, of these guilty pleasures.

All of these factors are causing us to age faster than we should. To ensure that your sixties don't take the brunt of your unhealthy lifestyle, follow these steps:



Step One – Eat Healthy, Starting Today

If your family has a history of diseases like diabetes, high blood pressure, or cancer, you are more at risk of contracting the same ailments as you age. Eating healthy today can help strengthen your body against illness tomorrow. For a start, cut junk food from your diet. [Studies](#) show that people who cut junk food in their thirties have more balance and stamina after 60. Opt for a healthy salad when you go out to eat with colleagues or bring your lunch to work.

Step Two - Strengthen Your Bone Mass with the Right Exercise

Your bone mass starts to decline as you reach your thirties. Ignoring this can lead to a myriad of medical problems as you reach the ripe old age of sixty. This is especially if you have a family history of bone-related ailments like osteoporosis, or tend to hit the sofa instead of the gym more often than you should. To keep going strong, incorporate exercises into your workout routine that have an impact on bone mass. Weight-bearing workouts, for example, can slow bone loss.

Step Three - Take Care of Your Heart

Your heart is a muscle just like every other muscle in your body. It ages as you do and it gradually loses the ability to function as efficiently as it did before. The heart also starts accumulating cholesterol when you reach your thirties. Invest in endurance exercises to help you out in the long run.



Step Four - Find Joy in the Little Things

Healthy people live longer because they always stay positive. Negativity breeds resentment which can wreak havoc on your health. It affects you physically, and you start getting sick. Studies also show that ailments, like depression, cut your life by half.

It can be hard to find joy and meaning in life as you grow into an adult. You might change jobs or move to another state to relocate, leaving friends and family behind. However, it's not impossible if you know

where to look. For a start, you can try to rekindle interest in an old hobby, work for a good cause, or learn something new, like another language.

The unhealthy lifestyle you adopt today can set the stage for a less than healthy lifestyle in your sixties. Develop healthy habits as an excellent investment for the future. Start eating healthy today, make exercise a regular part of your daily routine, and remember – there is joy to be found in the little things.

Sources for Images:

<https://www.pexels.com/photo/men-s-black-coat-with-white-polo-shirt-213117/>

<https://www.pexels.com/photo/astronomy-dark-dawn-dusk-573238/>