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للحصول على جميع روابط الصفوف على تلغرام وفيسبوك من قنوات وصفحات: اضغط هنا

الروابط التالية هي روابط الصف الثاني عشر على مواقع التواصل الاجتماعي

مجموعة الفيسبوك

صفحة الفيسبوك

مجموعة التلغرام

بوت التلغرام

قناة التلغرام

رياضيات على التلغرام

The Art of Aging

In 1997, a French woman named Jeanne Calment passed away after 122 years and 164 days on this earth, making her the oldest known person in history. Her age was so astounding that scientists competed to find out how she managed to live that long. A huge part of the aging process and how each individual reacts to aging is accredited to genes, some people age better than others. But recent studies and surveys conducted by the (PNAS) showed that our social and daily life have a significant impact on how long we live and how well we age.

All around the world exists what is known as “the blue zones”, these are areas of the world where there are clusters of what is known as centenarians, people who live to a hundred or more, places like Sardinia in Italy, Okinawa Japan and Loma Linda California. In all these regions people share lifestyle habits that ensure living a long and a healthy life two of these habits are physical activity and mental exercise.

The first strategy to deal with aging is to regularly exercise, our bodies are not a piece of machinery that wear out after prolonged use, the fact is that our bodies are capable of immense repair, and simple exercises such as jogging help reverse some damage caused by aging, as a study published on the journal of American heart association found that older people who spent less time sitting and more moving had fewer signs of heart diseases. But what kind of exercises are best for the elderly? The study found that simple cardio such as walking could reduce the risk of heart failure and other heart diseases, and exercises such as swimming and cycling reverse the effect of aging on muscles and prevent muscle atrophy.

However, staying in a good shape is not enough for an elderly, for seniors who want to remain healthy, mental fitness is important as physical fitness. Our minds need to be continuously stimulated in order to remain active and sharp, this can be done through mind games, socializing, or by doing anything new. Continuously giving our minds

new ideas to grasp and challenges to deal with, are some of the best ways to retain mental health. Simple mental exercises such as crosswords and puzzles reduce the risk of Alzheimer, as they work different parts of the brain, and challenging are my minds by learning to play an instrument or language helps maintaining neural pathways.

Another important factor in being mindfully active is social life; a study conducted on the population of the island of Sardinia, in Italy one of the world's blue zones, found out that people live longer and healthier lives there due to outdoor physical activity and the strong connection to each other, for example in Sardinia there are no nursing homes, the elderly stay within the family all their lives. Simple activities such as eating together is shown to help in staying healthier as we grow older.

In conclusion, old age is a phase that we all have to go through, but some people do it better than others as we observe in the blue zones. The secret of aging gracefully is realizing that our bodies aging mechanism can not be reversed but it can be slowed. By physical exercises such as jogging and swimming that retain our physical health, and mental exercise that retain our mental health. And above all a community that does not exclude the elderly but rather embraces them.