Question: "500words" How does physical aging affect the quality of life of all individuals. What can individuals do to age gracefully? Provide examples. Provide examples and justify your answer. Your initial answer should be 500 words minimum. Reference at least two sites you visited on this topic (APA or AMA citation). Comment and provide feedback on at least three of your classmate's posts (300 words minimum/post). Please see the syllabus and grading rubric for more information. Please keep the conversation going. Physical aging has numerous of ways it could affect the quality of life. The main issue most individuals face is loss of bone density. Bone loss is something that most older adults face due to aging and bones not being able to grow verses when an individual was younger. As we age our bones begin to become permeable, weak, and thin. This will weaken a person in their everyday activities. That is when physical aging starts to show the effects of quality of life due to physical aging. There isn’t one person who can dodge physical aging, but you can slow it down with a few changes in a person’s daily lifestyle. You can start by changing bad eating habits into good ones. When you eat healthy you will notice lots of positive outcomes from eating what's good for your body. Your skin will glow, you will feel more active, you will feel better, you will start to look better throughout the whole body, and many other positive outcomes from eating healthy. Another one is taking care of you skin mainly your facial area. If you exfoliate and cleanse your skin daily, you will show better physical features verses a person who doesn’t clean their face correctly. Doing this may sound basic but exfoliating and cleansing your skin or body properly will help remove any dead skin, bacteria, and skin toxins. By doing this not only helps your physical aging a few years from now but it also helps your skin look richer currently. Exfoliating and cleansing helps reduce and prevent redness on skin, eczema, and acne. Some people believe engaging in mind activities can reduce your physical aging. Mind activities like painting, reading, spending more time with love ones, cooking, following one's passion, and many other mental activities. “Some portion of the test of maturing with effortlessness and respect is reliably seeing things that proceed as important and locks in. These important exercises can incorporate going far and wide, otherworldly interests, side interests, for example, perusing or painting, new social gatherings, long lasting learning by coming back to class, or investing more energy with friends and family. Specialists propose deciding for intentional exercises before progressing to retirement, and to grasp this change and follow where their interests lie. Attempt to keep the brain dynamic by provoking yourself to discover some new information consistently or month or have a go at something you've for the longest time been itching to. For example, take a stab at chipping in for an association that provokes your curiosity or take a couple of classes on a pastime that intrigues you, for example, cooking, or taking a couple of courses at a nearby school. Learning ought to be a long lasting experience, and effectively captivating the psyche in an assortment of ways will help the cerebrum remain sharp and engaged as well as can help a more seasoned individual feel youthful on a basic level, and as a primary concern as well.” I believe everybody should have a come to reality moment with their self when it comes to physical aging. If you live long enough you will see different changes in your physical features. Aging is a part of life and people try to avoid it, but it will happen. It is just up to the individual to help reduce the amount of physical aging you experience.