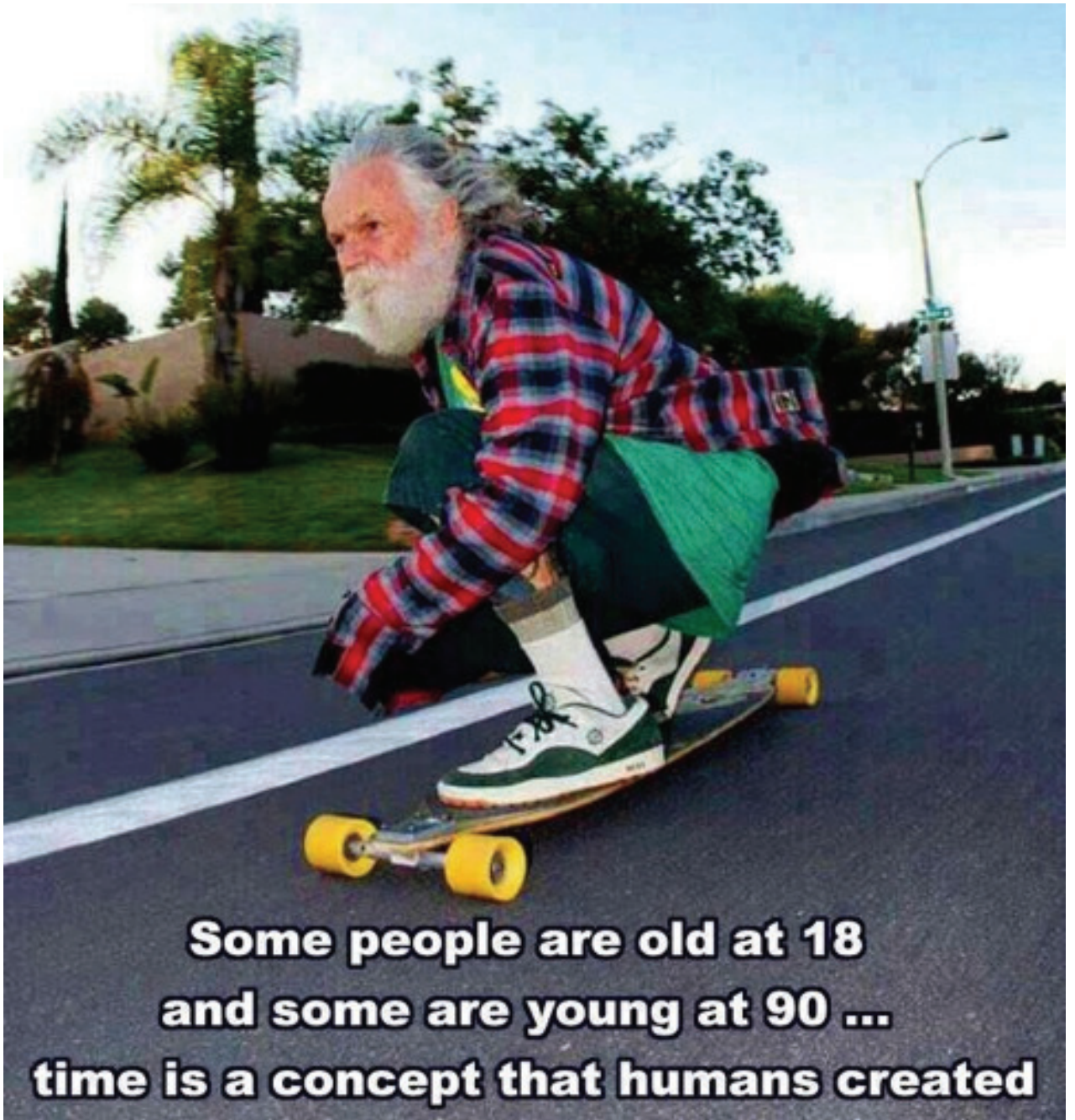


Who is Old?



There are three ways to judge the age of someone. The first and most obvious is to ask them when they were born and calculate how many years old they are. This is known as “**Chronological age**”. Chronological age is fixed and it is the most misleading yard stick of all because it is largely irrelevant to the subject of ageing.

The next way is to give people a battery of tests to see how they respond. Typical tests include stamina, hearing, co-ordination, blood pressure, levels of cholesterol, and many more besides. This gives an indication of someone's **"Biological age"** We have all met people who look very young for their age. you can reverse your biological age. Many elderly who have been put on regimes of healthier diets and regular exercise have managed to reduce the harmful effects of obesity, high blood pressure, and low muscle mass, etc.

Lastly is a person's **"Psychological age"**. This is how old you feel inside. I know people who appear to act as though they were fifteen years older. By far the most important factor in influencing a person's age is their Psychological age. How old and how you feel. This is not only the most important influence but it is the most flexible. One of the characteristics of old age is stiffness in the body but also a stiffness or rigidity in the mind:-

The personal characteristics centenarians had factors to reach such a great age:

- 1. An ability to react to change in their life with a positive adaptability.**
- 2. A sense of being free from anxiety.**
- 3. Being able to create.**
- 4. An ability to react positively to new things in their life.**
- 5. A zest for life, a desire to live.**

Out of all of this research the single most important factor was how they reacted to **stress**. It was how they managed to cope psychologically with the stresses in life. **Every cell in our body is affected by our thoughts**