

# 7-DAY ANTI-AGING KICKSTART

Your Simple Guide to Feeling Younger, Stronger & More Energetic

For Adults 60+ | No Gym Required | 10-15 Minutes/Day

Created by PraktikoTips – Evidence-based wellness for healthy aging

## Before You Start: Quick Checklist

- Consult your doctor before beginning any new routine
- Have a water bottle nearby
- Wear comfortable, non-slip shoes
- Clear a small space (no tripping hazards)
- Listen to your body – never push through sharp pain

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## DAY 1: Monday – Foundation Day

Time	Action	Notes
Morning	5-minute seated stretch (neck rolls, shoulder shrugs, ankle circles)	Do while drinking your first water
Afternoon	10-minute walk (inside or outside)	Use a cane/walker if needed – safety first
Evening	1 serving of berries (fresh or frozen) + 8 oz water	Blueberries, strawberries, or raspberries

Daily Habit Focus: Hydration – drink one full glass of water before each meal.

## DAY 2: Tuesday – Strength & Protein

Time	Action	Notes
Morning	8 seated leg lifts (each leg) + 8 seated marches	Hold the sides of a sturdy chair
Afternoon	10-minute walk or stationary cycling	Keep a relaxed pace

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Evening	Dinner: palm-sized portion of salmon or sardines + leafy greens	Omega-3s fight inflammation
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Daily Habit Focus: Protein – aim for 20-25g at lunch (eggs, Greek yogurt, chicken).

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### DAY 3: Wednesday – Mobility & Balance

Time	Action	Notes
Morning	5 minutes of heel-to-toe standing (hold wall/counter)	Practice standing on one foot for 5-10 seconds
Afternoon	Chair yoga: 3 rounds of seated cat-cow + seated twist (each side)	Breathe slowly – exhale as you twist
Evening	1 cup warm herbal tea (chamomile or ginger) + 7-8 hours of sleep	Sleep repairs cells

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Daily Habit Focus: Balance – practice standing on one foot while brushing teeth.

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## DAY 4: Thursday – Anti-Inflammatory Eating

Time	Action	Notes
Morning	Breakfast: oatmeal with walnuts + cinnamon	Walnuts are rich in anti-inflammatory omega-3s
Afternoon	10-minute walk + 5 minutes of deep breathing (inhale 4 sec, exhale 6 sec)	Deep breathing lowers cortisol (stress hormone)
Evening	Dinner: lentil or bean soup with turmeric + black pepper	Turmeric reduces joint inflammation

Daily Habit Focus: Add one new color to your plate (red pepper, purple cabbage, orange carrot).

## DAY 5: Friday – Social Connection & Fun

Time	Action	Notes
Morning	Call or video chat with a friend/family member for 10 minutes	Social connection lowers dementia risk
Afternoon	Dance to 2 of your favorite songs (seated or standing)	Movement + music = mood booster

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Evening	Dinner with a loved one – no phones, just conversation	Chew slowly and enjoy
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Daily Habit Focus: Joyful movement – do whatever makes you smile.

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## **DAY 6: Saturday – Rest & Reflect**

Time	Action	Notes
Morning	5 minutes of gentle stretching in bed or on a chair	Focus on hamstrings and lower back
Afternoon	Review your week: check off each completed habit	Celebrate small wins
Evening	12-hour overnight fast (stop eating by 7 pm, eat again at 7 am)	Gives digestion a break

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Daily Habit Focus: Self-compassion – you don't need to be perfect, just consistent.

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## DAY 7: Sunday – Plan Ahead

Time	Action	Notes
Morning	Write down 3 things you're grateful for	Gratitude improves mental wellness
Afternoon	Prepare 2 healthy meals for the coming week (e.g., chop veggies, cook quinoa)	Reduces weekday stress
Evening	Set a bedtime alarm for 9 pm – aim for 7-8 hours of sleep	Sleep resets your body

Daily Habit Focus: Preparation – a little planning prevents decision fatigue.

## Anti-Aging Diet for Older Adults – Quick Reference

### EAT MORE OF THESE (Daily)

Category	Foods	Why
Berries	Blueberries, strawberries, raspberries, blackberries	High in antioxidants – protects brain cells
Leafy Greens	Spinach, kale, arugula, Swiss chard	Vitamin K + folate – supports bone health
Fatty Fish	Salmon, sardines, mackerel, trout	Omega-3s – reduce joint inflammation
Nuts & Seeds	Walnuts, almonds, flaxseeds, chia seeds	Healthy fats + fiber – heart protective
Olive Oil	Extra virgin – drizzle over vegetables	Polyphenols – fight cellular aging
Legumes	Lentils, chickpeas, black beans, kidney beans	Protein + fiber – stabilizes blood sugar

## EAT LESS OF THESE

Category	Examples	Why Limit
Added Sugars	Soda, pastries, candy, sweetened yogurt	Increases inflammation and wrinkles
Processed Meats	Bacon, sausage, deli turkey	Linked to higher cancer risk
Fried Foods	French fries, fried chicken, doughnuts	Creates advanced glycation end products (AGEs) – accelerates aging
Refined Carbs	White bread, white rice, regular pasta	Spikes blood sugar, then crashes energy



## Senior Mobility Exercises – Illustrated Guide

### Exercise 1: Seated Tummy Tightener

- Sit tall in a sturdy chair
- Gently pull your belly button toward your spine
- Hold for 5 seconds, relax
- Repeat 10 times
- *Do this while watching TV or waiting for coffee*



### Exercise 2: Wall Push-Ups

- Stand 2 feet from a wall, hands flat at shoulder height
- Slowly bend elbows, bring chest toward the wall
- Push back to start
- Repeat 8-12 times
- *Strengthens arms, chest, and core*



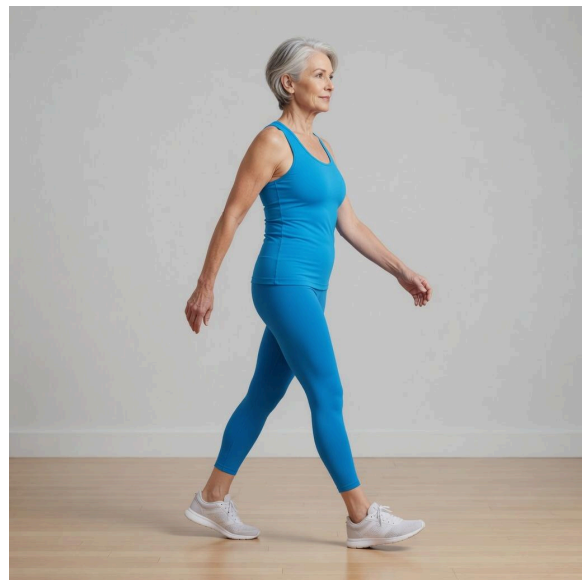
### Exercise 3: Seated Leg Lifts

- Sit near the front of a chair
- Straighten one leg, hold 3 seconds, lower
- Alternate legs
- Repeat 10 per leg
- *Great for knee stability*



### Exercise 4: Heel-to-Toe Walk

- Stand with a wall or counter within reach
- Place the right heel directly in front of the left toes
- Step forward with the left heel in front of the right toes
- Walk 10 steps forward, turn, return
- *Improves balance and prevents falls*





## Weekly Tracker – Print & Check Off Each Day

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun
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10-minute walk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Strength/mobility exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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1 serving of berries	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Leafy greens with dinner	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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7-8 hours of sleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Social connection	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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How to use: Print this page. Place it on your fridge or beside your bed. Check each box daily. At the end of the week, count your checks – aim for 25+ out of 42.

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