

# Your Anti-Aging Checklist



Are you looking for ways to get healthy and peel the years off your body? Dr. Oz and Dr. Roizen are back with the ultimate anti-aging checklist. Don't wait until you're falling apart - change the way you look at life and start your path to health today. You'll feel better, look better, be healthier and could actually live longer!

## Food

- Antioxidants (5 servings a day)**  
*In brightly colored foods like blueberries, sweet potatoes, broccoli, tomatoes and acai*
- Green and white tea (4 cups a day)**
- Red wine or Concord grape juice (1 glass a day)**
- Fiber (25 grams a day)**  
*In fruits, vegetables, beans, brown rice, whole wheat pasta, "100 percent" whole grain bread and chia*
- Omega 3 fatty acids**  
*In roasted or ground flax seeds, walnuts, hemp, salmon and spirulina algae*
- Olive oil (1 to 2 tablespoons a day)**  
*Do not heat this delicate oil to smoking point or it will be damaged and lose its benefits*

## Exercise

- Get your heart rate up (3 times a week)**  
*Find your target exercising heart rate:  $220 - [\text{your age}] \times .80$*
- Do strength training (30 minutes a week)**

## Meditation

- Yoga, prayer or meditation (5 minutes a day)**  
*Releases nitric oxide, which relaxes blood vessels*

## Sleep and Sex

- Sleep (7 to 8 hours a night)**
- Monogamous sex (2 to 3 times a week)**

## Vitamins

- Vitamin D (1,000 units a day)**
- Calcium (600 mg twice a day) with Magnesium (200 mg twice a day)**
- DHA Omega-3 (600 mg a day)**
- Baby aspirin (2 a day, for a total of 162 milligrams)**
- Multivitamin (Take half in the morning, half in the evening)**  
*Pre-menopausal women need a multivitamin with iron and 5,000 units of vitamin A. Men and post-menopausal women need just 2,500 units of vitamin A.*

As a reminder, always consult your doctor for medical advice and treatment before starting any program