




The
defy
your
age
Challenge

4
PART
Special
Series

ARE YOU DOING THINGS
THAT MAKE YOU LOOK OLDER
THAN YOU ARE?

Take this **quiz** to find out. Then follow our program over the next 3 months as we share smart **anti-aging advice**, the **best products**, and more.



●
*Do you treat
your complexion
gently enough?*

●
*Are you eating
the right foods?*

●
*Have you
ignored your
below-the-
chin skin?*

●
*Do you spend
more on
makeup than
haircuts?*

+defy your age

It's amusing to watch reality television contestants overhaul their images

with cosmetic procedures, crash diets, and hair extensions, but even if you have the inclination—or the time and money—to make those changes, don't. Looking great for your age isn't about making other people think you have a good surgeon. It's about letting the vibrancy you feel on the inside radiate out—so much so that people actually notice. In essence, you want to defy your age. "Defy is the perfect word; it implies taking an active role in caring for your appearance," says Vivian Diller, PhD, a New York City-based psychologist. "You're not throwing in the towel, but you're not going to extremes. It's a healthy, positive attitude."

Flip the page to get started with our quiz. Next month, use your results to find the best products for you in our Defy Your Age Beauty Awards. Then, in months 3 and 4, you'll learn healthy habits and get makeup and hair advice to help you Defy Your Age all year long.

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Pull Here

What's Aging You?

QUIZ

Read the statements below and check Yes for each one that applies to you



Your Results

Count the number of Yes boxes you checked for each color, and write down that number (between 1 and 4) in its corresponding colored square below. The square(s) with the highest numbers are next to the anti-aging goals you'll work on throughout the Defy Your Age challenge.



1

I am the queen of yo-yo dieting.

Yes

2. I fight my hair's natural texture when I style it (e.g., straightening my curly hair or curling my straight hair).

Yes

3. I infrequently get eye exams.

Yes



4. I wear sunscreen at the beach but not other times.

Yes

6. When I stand naked in front of a mirror, it's easy for me to see which areas of my body have never been exposed to the sun.

Yes

7. I play DIY dermatologist all the time, squeezing blackheads and exfoliating my skin with scrubs.

Yes

5

I like my hair to feel squeaky clean.

Yes

8

I use body lotion only when my skin feels dry.

Yes

9

I hardly ever get leafy greens, beans, or lean meats into my diet.

Yes



10. I get my hair cut twice a year or less.

Yes

11. My skin color is uneven across my complexion—some spots are redder, browner, or more mottled than others.

Yes

12. I do cardio exercise more often than strength-training.

Yes

13. I smoke or live with someone who does.

Yes

15. I use anti-aging products on my face but not anywhere below the chin.

Yes

16. An anti-aging, firming face cream seems like a better investment than sunscreen.

Yes

14



I don't usually wear sunglasses.

Yes

Improve Your Complexion Tone

Turn to p. 52 for tips.

Smooth Your Skin Texture

Turn to p. 54 for tips.

Get Younger-Looking Hair

Turn to p. 56 for tips.

Better Your Body

Turn to p. 57 for tips.



Improve Your COMPLEXION TONE

It's easy to prevent redness, age spots, and pigmentation issues that add unwanted years.

1.

Be gentle. Avoid harsh scrubs and rough towel drying—and don't touch ingrown hairs or clogged pores. "Many women pick their skin, not realizing it can cause post-inflammatory pigmentation and scarring," says Heidi Waldorf, MD, a dermatologist at Mount Sinai Medical Center in New York City.

2. **STAY AWAY FROM SMOKE.**

"Cigarette chemicals get into your bloodstream and find their way to your skin, making it sallow and spotty," explains Alistair Carruthers, MD, a dermatologist in Vancouver. And avoid smoky rooms, as repeated exposure to smoke can also cause discoloration.

3. **SAY YES TO DAILY SPF.**

You've heard it a million times, but have you gotten the message? "Even if you don't sunbathe, you can get freckles and little broken capillaries simply from walking to the car each day without sunscreen," says Dr. Carruthers.



THIS PAGE: PATRIC SHAW/TRUNK ARCHIVE; WALTER CHIN/TRUNK ARCHIVE

1. **SLIP ON SHADES.**

"Large lenses help protect the skin around your eyes from sun damage and prevent you from squinting, which can worsen wrinkles," says Ranella Hirsch, MD, a dermatologist in Boston. Get your eyes examined too—squinting as you try to focus can also deepen lines.

Smooth Your **SKIN** TEXTURE

Saggy skin, wrinkles, and rough patches add digits to your perceived age. Here's how to stay firm and unlined.

2. **Maintain your weight.**

If the choice is between constantly losing and gaining, or settling for a few extra pounds, do the latter. "As we age, the dieting cycle leads to an unfirm complexion because skin can't bounce back as easily," says Dr. Waldorf.

3. **STOCK UP ON SUNSCREEN.**

It's easy to make a connection between sunlight and sun spots, but rays can also weaken skin's supportive structure, making it crepey and causing roughness. As Dr. Hirsch points out, there's no reason to spend lots of money trying to firm up your complexion later when you can spend a little on sunblock now.

Get Younger-Looking **HAIR**

Start improving the health of your hair and scalp now to take time off your strands—and years off your looks.

2. EMBRACE YOUR TEXTURE.

Healthy curls are younger than starched-straight strands, while shiny, straight locks look better than plasticky curls.

Moral of the story: A low-maintenance 'do means no hot-tool damage.

3. WASH LESS—AND CUT MORE.

Shampoo (even good stuff)

dries your hair, so limit yourself to three washes a week. And get a trim every 6 to 8 weeks to remove the dull, dry tips that really age you. “No product can make the ends as healthy as new hair growing in,” says Dr. Carruthers.

1.

Eat iron-rich foods.

“I’ve done blood work on thousands of women with thinning hair, and I rarely discover medical issues; more frequently, I discover low iron levels,” Dr. Carruthers says. An iron-rich diet can’t grow back hair lost due to genetic causes, but it can maintain thicker, more youthful-looking strands.





Better **YOUR BODY**

A spotted chest, wrinkly hands, and rough, dry arms and legs are true-age giveaways. Get back your youth with these fixes.

1.

Cool off. “Every dermatologist would agree that dry skin can make you look older,” says Dr. Hirsch. Moisturizing helps, but there’s an even easier fix: Take shorter, cooler baths and showers, because hot water dehydrates skin.



2. **LIFT WEIGHTS AND DIG IN.**

Aerobic exercise is good, but strength-training is better if saggy skin on your body is the issue. “Skin looks more taut over supportive muscles,” Dr. Hirsch says. If you’re hungry postworkout, eat! “After a certain age, a few extra pounds can actually help your face look younger,” she says.

3.

DO MORE NAKED.

Smooth on lotion or sunscreen after you dress and you may miss areas. Instead, apply products straight out of the shower so you remember to extend application to your neck, chest, and hands too.



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