

10 Years Younger Lifestyle Changes

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## Summary:

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Changes in Diet and Lifestyle and Long-Term Weight Gain in ... BackgroundSpecific dietary and other lifestyle behaviors may affect the success of the straightforward-sounding strategy "eat less and exercise more" for preventing long-term weight gain. MethodsWe performed prospective investigations involving three separate cohorts that included 120,877 U.S. women and men who were free of chronic diseases and not obese at baseline, with follow-up periods.

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Changes That Will Make You Look and Feel ... Diet trends and exercise crazes come and go, and many of us know all too well that most are not easy to stick with in the long run anyway. We recently sat down with one medical professional who says making a solid lifestyle change to help balance your hormones is the best way to increase energy, benefit your overall health and age more gracefully.

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