

Try ancient qigong

Qigong can reduce stress that leads to aging.

Looking for a form of exercise that doesn't require a certain level of fitness, special equipment or a gym membership? Qigong (chee-GUNG) may be the answer. Through slow-paced breathing and exercises, this ancient Chinese practice "allows you to focus and build strength," says Michael Roizen, chief wellness officer at the Cleveland Clinic and co-author of "You: Staying Young." "It really allows you to establish a mind-body connection."

Qigong has been shown to improve posture, circulation, flexibility and blood pressure. Roizen thinks the main benefit comes from its meditative aspect. "The magical property of qigong is its ability to help you deal with the kind of stress that makes us age," Roizen says. "It helps slow aging at the cellular level." Find a qigong workout in Roizen's book.