



Your metabolism changes as you get older. You burn fewer calories and break down foods differently. You also lose lean muscle. Unless you exercise more and adjust your diet, the pounds can add up. Middle-age spread can quickly become middle-age sprawl. Carrying those extra pounds may be harming your health.

Commit to a healthy diet.

Limit snacking.

Drink plenty of water.

Move more. Take the stairs and add walking breaks to your day.

Get plenty of sleep.

Limit alcohol use. Alcohol is high in calories and may worsen health conditions common among older adults.

Avoid tobacco products. When you quit smoking, you may improve many aspects of your health and are likely to add years to your life.