

5 Advantages Of Feeling Younger Than Your Age

A lower subjective than actual age is linked to a number of benefits.

Whatever your actual age, there are a number of advantages to feeling young.

People who feel younger than their age also:

1. have better mental health,
2. are less likely to be sedentary,
3. have improved cognitive function,
4. and have fewer chronic diseases.

Now you can add a lower chance of hospitalisation to the list, according to a study.

Dr Yannick Stephan, the study's first author, said:

“How old you feel matters.

Previous research has shown it can affect your well-being and other health-related factors and, now we know it can predict your likelihood of ending up in the hospital.”

The study involved participants aged between 24 and 102-years-old.

The results showed that those who felt younger than their age were 10 to 25 percent less likely to end up in hospital in the next 2 to 10 years.

Both depressive symptoms and worse physical health helped explained the link between feeling older and being hospitalised.

Dr Angelina R. Sutin, a study co-author, said:

“Feeling older is associated with poore