In this activity you will explore the main aspects of physical aging.

**Aging Begins in Early Adulthood**
- What distinctions do researchers find between primary and secondary aging?

**Aging and Appearance**
- List four changes in appearance experienced with aging:
  1. 
  2. 
  3. 
  4. 

**Sensory Changes**
- List the two senses most significantly affected by aging:
  1. 
  2. 

**Physical Functioning**
- Name two of the changes in physical functioning experienced during aging:
  1. 
  2. 

**Conclusion: Making the Most of Each Stage**
- How will you feel about the changes that aging brings? Which of the changes will bother you the most?