Ten Tips for Healthy Longevity

## from Live Long, Die Short by Roger Landry, MD, MPH

**1. USE IT OR LOSE IT**

Your grandmother was right! We must challenge and grow our physical, mental and social abilities. As we age we can’t just coast–we must continue moving, learning and staying engaged with life…or we rust.

**2. KEEP MOVING**

Physical activity is the closest thing to a fountain of youth. Staying active – even just 30 minutes a day can prevent heart disease, diabetes, cancer, osteoporosis and dementia. The best results come from a commitment to strength training, endurance, flexibility and balance.

**3. CHALLENGE YOUR MIND**

Most mental ability lost with age is due to lack of use, but by continuing to learn throughout life, we can grow new connections in our brains. The trick? Learn NEW things.

**4. STAY CONNECTED**

Cherish family, rebuild old friendships, join clubs and be open to meeting new people. We need human interaction to thrive and to build resilience.

**5. LOWER YOUR RISKS**

By knowing your health risks and working with your doctor to lower them, you can function at very high levels for decades. Don’t skip on regular physicals and be proactive about your health.

**6. NEVER ACT YOUR AGE!**

Age is an attitude–not a number. Following your heart and acting how you feel will keep you dynamic, creative and living life to the fullest.

**7. WHEREVER YOU ARE … BE THERE**

Don’t let your chattering mind take you from this moment, which is the pure joy of life. Find pursuits like music, art, writing, meditation, or just enjoying nature.

**8. FIND YOUR PURPOSE**

We never stop needing meaning, passion, or just a reason to get out of bed in the morning. Life without purpose is merely existing.

**9. HAVE CHILDREN IN YOUR LIFE**

They bring a sense of meaning, wonder and renewal. Dostoyevsky said “The soul is healed by being with children.”

**10. LAUGH**

In studies on centenarians, the most commonly displayed traits by these individuals are humor and optimism. Laughter stimulates the immune system, protects us from disease.