

## 9 Health-Aging Habits to Live Longer (Continuation)

**3. Maintain a healthy weight,** or lose weight if you need to.



Worried about the number on the scale? Keep it simple. You can lose 1 to 2 pounds a week by making small changes to your diet and exercise habits.

**4. Avoid or limit alcohol.**

No more than 2 drinks per day for men. No more than 1 drink per day for women, zero if pregnant. Or don't drink at all.

**5. Don't smoke,** or quit if you do.

Health benefits of quitting begin as soon as you stop.



**More Healthy Lifestyle Habits for Longevity**

While these five habits appear to have the biggest impact on health and longevity, there's more you can do to age well.

**6. Manage stress in healthy ways.**

Try yoga, meditation, or deep breathing. Keep a journal. Talk to a counselor or therapist. Make time for a hobby. Stress less.<sup>2</sup>



**7. Get your Zzz's.** The optimal amount...



8 hours per night. Too little sleep, and even too much sleep, raises the risk for early death.<sup>3</sup>

**8. Be positive.** You might roll your eyes at the eternal optimist. But research shows people who see the "glass half full" manage stress better, have a lower risk for chronic disease, and live longer.<sup>4</sup>

**9. Develop healthy relationships.**

Spend time with family and friends. Make a phone call, text, or plan a video chat. Write a letter. Be part of a social group. Research shows that people with healthy relationships and a strong social network are healthier, feel happier and live longer.<sup>5</sup>



Quiz: Nutrition for healthy aging  
<https://tinyurl.com/y63uv59s>

## Everybody Wants to Live Long & Prosper



*Star Trek* actor Leonard Nimoy (Captain Spock) read the script. The U.S.S. Enterprise starship and crew would land on a distant planet and greet a friendly colony of people. But something was missing.

"I think we should have some kind of a special greeting," Nimoy told the director. "Asian people bow to each other. Military people salute each other. I think Vulcans should have some kind of greeting." And the director asked, "What would you like to do?"

Raise your hand. Extend your thumb. And part your middle finger and ring finger. That's how the iconic Vulcan greeting and farewell was born.

And it's kind of what everybody wants, right? Live long and prosper.

But if you're concerned about your health and aging well, you're not alone. For example:

- **Heart disease** is the leading cause of death in the U.S., claiming the lives of an estimated 647,000 people a year. But it's largely preventable.
- **The average life expectancy** in the U.S. is 78.6. But in 37 other countries it's 79 to 84 years old.
- **Tipping the scale.** An estimated 72 percent of all adults in the U.S. are overweight or obese. It's a major risk factor for chronic diseases and early death.
- **Lack of exercise.** Only 53 percent of adults are active more than 30 minutes a day. Only 23 percent do activities to strengthen bones and muscles.
- **Sugar rush.** An estimated 30 million people have type 2 diabetes. Left unchecked, it can cause nerve damage, poor circulation, vision loss, kidney disease, heart disease, and death. But it doesn't have to be this way.

Exercise and aging  
<https://tinyurl.com/yytz2ukl>

### References

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