

What's the secret to a long life?

Today many people are living longer than ever. Part of this is because of advances in medical care. But there are things you can do to live a long, healthy life too. Here are some tips that could help you live longer.



EXERCISE

Experts in aging and health say exercise may be the most important thing you can do to live longer. But why?

As we age, we lose some muscle. This can lead to less energy and achy joints, which may cause you to exercise less and sit more. This, in turn, raises the risk of disease as well as death.

People of any age can learn to get active. Not sure how to start? Talk to your doctor about options that are safe and healthy for you.

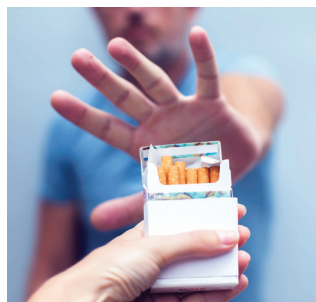


SHED EXTRA POUNDS

Having a BMI higher than 30 raises the risk of all causes of mortality (death). It can lead to health problems like heart disease, stroke, diabetes and some cancers.

You may not need to lose a lot to improve your health. Even losing 10-15 pounds can make a difference.

Losing weight isn't easy. But there are safe and healthy ways to do it. Eating healthier foods and getting regular exercise will help, but ask your doctor for advice.



QUIT SMOKING (OR DON'T SMOKE)

Smoking increases the risk of lung disease, cancers, heart disease and diabetes.

The good news is that when you quit smoking, your risk of smoking-related death starts to decrease. It can add years to your life if you quit today!

Many people are able to quit smoking with help from a doctor or therapist. They may also use nicotine replacement products like patches, gum or an inhaler. Ask your doctor for help with your plan to quit.



DO I NEED GOOD GENES?

We may think a long life is all in our family history. But genes are only a piece of the health puzzle.

Experts in aging say that your own healthy behaviors mean much more than genes. In fact, many people could live to 90 with a healthy lifestyle, regardless of genes, according to experts at the National Institutes of Health.

Harness the power to live longer by starting healthy habits!

Sources: Centers for Disease Control and Prevention, National Institutes of Health