



The Embrace of Aging

The male perspective of growing old

10 Tips For A Healthy Longevity

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1. Recognize that aging is a lifelong process and incorporate physical fitness, good nutrition and emotionally satisfying relationships throughout one's life.
2. Having a purpose in life is important. Seek valued roles throughout older age: on average those people who moved into active retirement communities lived longer than was expected.
3. Seek active learning opportunities and continue to challenge your mind.
4. Both men and women should nurture positive, supportive relationships and find ways to stay connected to others in older age.
5. Resilience during life transitions is a skill to embrace in aging. Use of humor in the face of age-related challenges can aid adaptation.

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1. Don't smoke or drink in excess.
2. Avoid sitting or being sedentary for extended periods of time throughout the day.
3. Have a regular intake of 7 or more vegetables and whole fruits per day.
4. Avoid gaining substantial unnecessary weight.
5. Wear your safety belt and don't engage in high-risk behaviors like reckless or drunk driving.