

## SECRETS OF LONGEVITY

### 1. Proper nutrition

- Eat a variety of foods, especially fresh or non-processed ones
- Eat less fat, sugar, salt
- Eat more fiber foods (e.g. whole-grain bread and cereals, legumes, fruits, vegetables)
- Drink 6-8 glasses of water a day

### 2. A good night's sleep

Adequate rest at night provides you with enough energy throughout the day. It also boosts your immune system reducing your risk of sickness.

- A young or middle age individual needs seven to eight hours of good, solid sleep.
- An older individual usually needs six hours of quality sleep.

### 3. Exercise

Regular exercise for 30 – 60 minutes a day, on most days of the week helps to:

- Reduce body fat, risk of heart disease and cancer, stress, osteoporosis and improve blood sugar control in diabetes.
- Increase blood circulation, lung capacity, muscle and bone strength, mental alertness, and life span.

### 4. Give up smoking

Smoking increases your chance to develop lung cancer, cardiovascular and respiratory diseases. Each cigarette you smoke shortens your life span by 7 minutes. If you smoke one pack a day, in a year you will decrease your life expectancy by about one month.

### 5. Alcohol in moderation

If you drink, limit it to:  
1 drink/day for women  
2 drinks/day for men

One drink = 5 oz of wine  
= 12 oz of beer  
= 1½ oz of hard liquor

Excessive alcohol intake contributes to:

- car accidents
- cirrhosis of the liver
- ulcer
- gastro-intestinal bleeding
- high blood pressure
- vitamin deficiencies

### 6. Stress management

You can reduce stress by:

- planning ahead
- taking time out to relax
- regular exercise
- practicing deep-breathing techniques
- positive thinking
- communicating effectively
- getting enough rest

