

# LIVE A LONGER AND HEALTHIER LIFE

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## **LIVE A LONGER AND HEALTHIER LIFE**

You should balance your activities with the proper amount of rest. Some of the leading experts in the field of aging now believe that regular exercise along with the proper amount of rest may actually add years to the life span. Results from a number of tests indicate that speed and muscular strength of many of the elderly can be extended.

Leading authorities agree that this new data is going to shatter many of the myths about aging and physical performance. The conclusion now is that the performance and ability of the elderly has long been underestimated, diet, proper sleep and exercise along with rest and relaxation are all important factors in preserving our bodies.

Laughter is one of the best things for your mental and physical state. People are naturally attracted to someone who has a good sense of humor. You can develop a good outlook and a good sense of humor by associating with and surrounding yourself with pleasant happy people.

Recognize that stress is a killer. A life filled with stress can really wreak havoc on your body causing a number of illnesses such as heart attacks, strokes, asthma, gastric problems, menstrual disorders, ulcerative colitis, angina, irritable colon, increased blood pressure, ulcers, headaches, etc.

There are different types of stress such as mental, emotional and physical. Emotional stress seems to take the greatest toll on everyone. All stress is not bad; in fact, life would not be very interesting if it were not met with challenges. However, too much stress, too often with no effective and appropriate outlet, does not allow the body and soul to recuperate. You might review a typical week to see if you can identify things that might be making you anxious or causing you stress. Once identified, stressors can be attacked and eliminated.

Are you a worrier? Chronic worriers don't have more serious problems than others - they just think they do. Many worriers try to cope by trying not to think about their problems, but this just makes things worse. Doctors say that chronic worriers feel less anxious if they actually spend a half-hour a day thinking specifically about their problems.

Get plenty of exercise. People who are physically fit look good and feel good. A good exercise regimen will lengthen your life. Improve your appearance, build self confidence and help delay the aging process.

Remember that you need to do something physical every day. If you don't use your joints, quite simply they'll tighten up with age to create the stooped, bent and worn out appearance we so often associate with old age. Studies have shown that people with arthritis experience less pain if they continue to keep their joints flexible. As one gets older, the bones tend to get brittle which is why it is common for senior citizens to break bones and especially their hips when they fall.

Eating right, getting proper sleep and learning to relax are all very valuable in maintaining a healthy body and mind. And keep in mind that eating healthy foods and avoiding those high in fats, sodium and cholesterol will help to decrease your risk of heart disease, high blood pressure and associated problems.