



How to live and
stay young to 150
and beyond

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FOREWORD ~ OUR MISSION

We hope this short book helps in your understanding of the factors that can increase your chances of living healthy, happy and longer life and that it will inspire you to take some steps towards a better and more fulfilling life.

INTRODUCTION

Human beings have been known to exceed the usual expectations in several fields. Humans are built to do the impossible! We have a track record of progressing in the midst of impossibilities.

One such impossibility is the ability to pass the 100-year mark and live beyond it. When we were little, we all heard stories of how only lucky people get to live to be 100. Certain religious books even corroborate this, for example the Bible. A passage in Genesis reads 'My spirit will not contend with man forever, for he is mortal; his days will be a hundred and twenty years'" It is almost as if this belief is programmed into our brains.



But what if I told you could live past the centenary mark and still be active in all ways – both mentally and physically?

Would you like to know how to do this? Then read on.

Over the last few centuries and up to modern times, believe it or not, more people are going over the centenary mark. According to the latest global data, the centenarian population has grown globally in the past three decades. So, is it possible to be a supercentenarian? Yes, it is.

In the 21st century alone, we've seen hundreds who have passed the 100-year limit, and some are still alive as you read this. Even if you're not going for immortality, it is a safe assumption that you want to be around for the long haul. And while 100 is the common goal, why not aim higher? Why not think plus three digits?

The secrets to being a supercentenarian are many and varied. The knowledge gathered from various people who have passed the mark will be discussed here. And with the revelation of these secrets (in other words, your newly gained knowledge), you will be able to step a bit closer to immortality. It's possible that you will be able to straddle three centuries just like the famous Filomena Taipei Mendoza. Filomena Taipei Mendoza was born on December 20, 1897.

Of course, genes play a crucial role in how long you live; people who have reached or passed the magical age of 100 are more likely to have relatives who have lived exceptionally long lives. Lifestyle factors matter too. With the overabundance of health information on the internet, it is easy to get caught up in random anti-aging advice that is all theoretical and sometimes even fraudulent, such as the erroneous yet popular notion in the US of taking Tylenol to protect your heart.

If you have enough self-respect to truly pursue human excellence within yourself, then you will be inspired with what this report has to offer. With humanity's average life expectancy predicted to grow exponentially over the coming years, it is very realistic to expect more super-centenarians. And, of course, along with living longer, you want to have vitality in these extra years.

Although there is no instructional manual that will guarantee that you will live to see more than 100 candles on your cake, there are some things you can do that will help prolong your life.

CHAPTER 1

THE BLUE ZONES

There are places on earth where if you don't live to a 100, you are an aberration. In these places, living more than a hundred years has become the norm, like a cultural thing. These communities, you could say, have learnt the art of living to more than a hundred. Living less than 100 can actually be considered suspicious. It must be highlighted here that official Peruvian figures indicate that more than 400 people over age 100 live in Peru and 51 of them live in Huancavelica, one of Peru's poorest regions.

According to our research, the "blue zones" have been studied by scientists for decades; and the study still continues. This is not surprising, it is normal for scientists to want to crack life's Pandora's box; that's what they live for, trying their hardest to find what makes something tick. Humankind always wants to understand and get what they don't have for themselves.

The places the blue zones exist are few, and they are:

1. Okinawa islands, Japan
2. Sardinia, Italy
3. Loma Linda , California
4. Ikaria , Greece
5. Nicoya, Costa Rica

There is another reason why these people have been studied so much by scientists. Besides living to 100 in much higher rates than virtually anywhere else in the world, these people suffer from a fraction of the health issues that people, generally, suffer from in their 30s, 40s, 50s and later.

Dementia, heart issues and depression are almost non-existent among these people. What this means is that they live a fantastic quality of life their entire (long) lives, not just at the end. That is why this research is so tremendously valuable to everyone.

You ask what is different about people living in these blue zones? Why do they live longer and healthier lives than anyone else?

Fifty percent of people die every year from heart diseases and cancer - both of which are terrible, bringing about pain, sadness, tragedy and, in some cases, death.

But there are certain areas on earth that do not even have any heart disease, and we know that there are cultures on earth without cancer or incredibly low rates of cancer. So how do they do it? That is the million dollar question.

The people in the blue zone areas subscribe to a very good diet and their lifestyle is simply idyllic.

What is amazing is that in these blue zone communities (in particular, Ikaria, Greece) cancer rates are a fraction of what they are in the west, the occurrence of heart disease is almost half of what they are elsewhere and dementia does not even exist.

What that means is that not only do these people rarely get many of the diseases you and I get (and thus live a more enjoyable, pain-free life), they enjoy optimal health *throughout* their entire lives - almost until the day they die. Wouldn't you like to be like them, live longer and still be in good shape both mentally and physically?

By living a certain lifestyle, not only do you improve your health right now, you also ensure you avoid the major killers of human beings later in life.

What is interesting is that each of these cultures has its specific secrets.

1. The Secret of Okinawa Islands

The Okinawans in Japan have a fascinating concept they partly attribute to their long lives; it is called *ikigai*, which is the reason for waking up in the morning. A purpose you give to life (or to the day). There should be a reason for you waking up every day too.

In Okinawa, you see persons aged 90 to 100 on motorcycles or on mountain bikes on the streets. Most of them practice karate, kendo, dancing, walk daily several kilometers, and even work on vegetable gardens which they later sell. The Okinawans are occupied with hobbies. They support each other, forming more coherent and supportive links than elsewhere.

In Chinese legends Okinawa is called "the land of the immortals." Here you see 100-year old men and women who are not even thinking of retirement, and who are still healthy, still drive motorbikes and cars, and who are still active sexually.

The vegetables that are grown on their soil are rich in vitamin C and polyphenol, which have antioxidant functions. They provide potassium that is good for the human system. The Okinawans practiced a plant-based diet. Okinawan vegetables include soybeans, tofu and goya. The soy they take are rich in estrogens which is beneficial for women.

The elderly in Okinawa are found to have impressively clean arteries, low cholesterol and low homocysteine levels when compared with their Western counterparts. They have low blood level of free radicals and significantly lower levels of lipid peroxide. These are compelling evidence that they suffer less free radical-induced damage. These factors help reduce their risk for coronary heart disease by up to 80% and keep stroke level low.

Okinawans practice the *hara hachi bu* cultural habit. They traditionally keep eating low-calories food and low glycemic load.

(Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2822182/>)

2. The Secret of Nicoya, Costa Rica

These Costa Ricans have a similar rule to that of the Okinawans; they have something called a *plan de vida* - a reason to live. A reason to wake up. Their *plan de vida* revolves around their social circle or their family. Family is an important concept to them. The Nicoyans believe in hard work and rest. They get at least 8 hours of sleep at night. They are also believers in the saying that "eat like a king in the morning, and like a slave at night."

Family, keeping social networks, *plan de vida*, hard work, exposure to sun and drinking plenty of water is what makes the Costa Ricans live a longer and healthier life.

(Source: Blue Zones: Lessons For Living Longer From The People Who've Lived The Longest by Dan Buettner, copyright 2008, all rights reserved.)

3. The Secret of Ikaria, Greece

Ikarians walk an average of 5 miles a day on uneven terrain (as shepherds). We too should try and walk on a daily basis. They drink red wine; studies usually show that it is packed with antioxidants. What is interesting is that the Ikarian (like the Sardinian) variety of red wine has three times the normal levels of most red wine. Ikarians also have a more relaxed outlook on life and laugh whenever possible.

4. The Secret of Loma Linda, California

A community of about 9,000 Adventists in the Loma Linda area are the core of America's Blue Zone. Loma Linda has one of the highest concentrations of Seventh-Day Adventists in the world, and living a healthy lifestyle is the faith's main ideal. The town has banned smoking, and alcohol is scarcely sold.

They are vegetarians, they exercise daily, they maintain a healthy body weight, they snack on nuts (which are great for the body), and they drink a lot of water.

(Source: Blue Zones, Lessons For Living Longer From The People Who've Lived The Longest, By Dan Buettner, Copyright 2008, all rights reserved.)

5. The Secret of Sardinia, Italy

In 2004, a research team set off to investigate a rare genetic quirk, the M26 marker, carried by Sardinian inhabitants. The M26 marker is linked to exceptional longevity, and due to geographic isolation, the genes of the residents in this area of Sardinia have remained mostly undiluted.

Sardinians drink goat milk that contains components that might help protect against inflammatory diseases of aging such as heart diseases and Alzheimer's.

(Source: Blue Zones, Lessons For Living Longer From The People Who've Lived The Longest, By Dan Buettner, Copyright 2008, all rights reserved.)

As you can read, the secrets of each countries are similar with just some differences here and there.

CHAPTER 2

RECENT SCIENCE ON LONGEVITY

Dr Alex Zhavoronkov, an anti-aging expert, director of the UK-based Biogerontology Research Foundation think-tank, also a professor at the Moscow Institute of Physics and Technology, heads the laboratory of Regenerative Medicine at the Federal Clinical Research Centre for Pediatric Hematology, Oncology and Immunology in Moscow. He is also the co-founder and CEO of Insilico Medicine, a biotech company, dedicated to drug discovery for cancer and aging, located at Johns Hopkins University.

This doctor is of the firm belief that he will live up to 150. And to prove his theory, he has committed himself to living a life that should give him the best chance of living past the centenary mark. He takes 100 different drugs and supplements each day, exercises regularly, goes for frequent check-ups and monitors his own blood biochemistry and cell counts. He also vaccinates as soon as vaccines become available and claims to have 'suppressed cravings' for marriage, children and material assets to concentrate on anti-aging research. When Austrian researchers declared that old age now does not begin until 74 because of advances in health and medicine, Dr Alex Zhavoronkov, 37, said:

"I think that even people past their 70s, who are in good health, have a fighting chance to live past 150. All of the supercentenarians alive today lived through tough times, when no antibiotics were available and our understanding of human biology was not that far from the stone age. Longevity of these people is attributed mostly to luck and stress resistance attributed to multiple factors, including genetics.

But people alive today will soon see the fruits of biomedical research come to the market and gradually reduce mortality from many diseases and extend healthy longevity.

I think that in two to three years we will have effective pharmacological solutions based on already approved drugs that will help people remain younger and

healthier until other advances in regenerative medicine and gene therapy become available to further extend their longevity."

Dr Zhavoronkov believes that rapid advances in medicines and technology will make it possible to extend human lives well beyond what was evolutionary necessary; to survive long enough to reproduce. But until then, the doctor has some tips for us.

Dr Zhavoronkov's Hot Tips for Living to 150

- Avoid psychological aging: Deprogramme your mind. Set your mind to a longer age.
- Make more time for yourself. Postpone unnecessary things. Prioritize your health.
- Maintain a youthful social network.
- Monitor your health. Regularly monitor your blood biochemistry, cell counts, heart rate, activity, and other performance metrics.
- Maintain a healthy body.
- Make your life interesting as to want to crave longevity. Busy yourself with something that interests you; something that can drive you. Read science fiction and try to play video games. Life should never be boring.
- Engage in aging research: Support and actively engage in research in aging and longevity. Only first hand intimate knowledge of the field will provide confidence for trying prescription drugs to slow down aging or prevent age-related pathologies.

In another news, a study of whales is ongoing. This set of species are famed for their longevity. According to Inuit folklore, they could live "two human lifetimes" and they are known to escape harpoons with their great strength.

Apart from slightly leathery skin, a bit of excess blubber, and its battle scars, they show remarkably few ill-effects of long life, however. That has, of course, made them of keen interest to doctors studying aging.

"They live a lot longer than human beings, yet they are living in the wild, without going to the doctor or any of the perks of human society," says Joao Pedro de Magalhaes at the University of Liverpool. "So they must be naturally protected from age-related diseases."

If we could retard aging even a little, it would have unprecedented human benefit.

By studying whales, de Magalhaes and his colleagues hope to find new medicines that will similarly slow down the human body's decay and delay death.

Vadim Gladyshev at Harvard University agrees. "This is the most important biological question, because the majority of chronic human diseases are the consequences of aging. The way biomedical science is organised, it has mostly focused on particular diseases, like cancer, Alzheimer's or diabetes," he says. "But if you delay aging you could delay the incidence of all these diseases at once."

There is an unstoppable force pushing us towards death - but several lines of evidence suggest there are brakes that can slow its progress. For instance, a common diabetes drug, metformin, can modestly slow aging in mice. And simply changing one gene involved in cell metabolism in a roundworm can lead it to live many times longer than its parents; while it is unlikely the same changes would help more complex organisms, it hints that ageing is not beyond our control. "Ageing is a surprisingly plastic process that can be manipulated," de Magalhaes says.

Ultimately, de Magalhaes sees ageing as the ultimate disease – an illness that can be "cured" in its own right. "We're not just extending the period of decrepitude," he says. "We want 70 year olds with the health of a 50-year old; that's the ultimate goal." Maybe, in 2120, we will look back with wonder at this first steps to reach that goal but for now, the research continues.

Dr Elizabeth Blackburn, who won the Nobel Prize in 2009 for research on telomeres and the genetics of aging is also researching longevity.

Dr Blackburn and her team discovered that telomeres - tiny caps that protect chromosomes, and the DNA within - shorten as we get older. They shorten even faster if subjected to high stress.

If we can prevent the damage with an enzyme called telomerase, we can in theory short-circuit the process of cellular aging and stretch out the lifespan. It has been done with mice.

Dr Blackburn, now head of the Salk Institute in California, said we used to think that many of the diseases of old age were an inexorable fate, but this may not in fact be the case.

"If you look at centenarians, they don't die of common diseases like cardio-vascular, cancer, or diabetes. They mystify their physicians. It looks like a systems failure," she said at the World Economic Forum in Davos.

There is no "magic gene" that can stop aging, said Dr Blackburn. It is matter of understanding how the whole system fits together.

But there's no doubt that telomere trials have been successful with mice.

CHAPTER 3

PEOPLE WHO HAVE LIVED PAST 100

There are people that do not live in blue zones that have succeeded in living more than 100 years on earth. Research gathered about them tells us what they do - or what they did - to get where they are or where they were. Some were even around in some historic moments.

1. Emiliano Mercano Del Toro, 115

He credited his longevity to funche, a boiled corn, codfish and milk cream-like dish, which he ate every day as a habit. Mercado also credited his longer life to his sense of humour. He says he would tell jokes and humorous anecdotes almost to the end of his days. Mercado claimed to have been at the "dancing club" (a euphemism for a bordello) owned by Isabel la Negra the day she was assassinated.

He says he was 82 years old at the time and reportedly hid under a table when Oppenheimer's killers started firing gunshots. When asked what he was doing there, he said: "Praying...or at least I was when the bullets started flying!" He was a funny man. Was it true or false? We will never know. But he certainly lived a very long life, so it's possible.

2. Sarah Klauss, 112

Based on biographical information via Wikipedia:

Sarah Knauss' only child, Kathryn Knauss Sullivan, who was 96 when Sarah died and lived to be 101 herself, once explained Knauss' longevity by saying: "She's a very tranquil person and nothing fazes her. That's why she lived that long."

3. Jeanne Clement, 122

At age 85, Mrs Jeanne Calment took up fencing and continued to ride her bicycle up until her 100th birthday. She was reportedly neither athletic, nor fanatical about her health.

Despite her smoking and addiction to chocolate, her long life continued to surpass expectations. As recounted in her obituary, to one man's financial disappointment, her age not only surpassed his expectations but also his own lifespan.

When Mrs. Calment was 90, lawyer André-Francois Raffray, bought the apartment in which Mrs. Calment had lived. However, there was one provision. He would have to pay her 2,500 francs a month (the equivalent of \$400 today) until she died and then the apartment would belong to him. He agreed.

Year after year, Mr. Raffray paid the monthly allowance, and Mrs. Calment went right on living. At the age of 77, Mr. Raffray died and his widow continued to pay her. When Mrs. Calment died 32 years later, the total payment came to \$180,000 - more than double the original price of the apartment.

Although Mrs. Calment, being the wife of a well-to-do shop owner, never had to work, this did not mean that her life was without hardships. Her husband died in 1942 after consuming a dessert of spoiled preserved cherries. Their daughter, Yvonne, had only one son, Frédéric Billot, whom Mrs. Calment raised after Yvonne died of pneumonia at age 36. In 1960, Frédéric Billot died, also at age 36, without children in an automobile accident.

Calment was moved to a nursing home after a cooking accident that started a small fire in her house. At 110 years old, she was having problem with her sight.

Calment ascribed her longevity and relatively youthful appearance for her age to olive oil, which she said she poured on all her food and rubbed onto her skin, as well as a diet of port wine, and ate nearly one kilogram (2.2 lb) of chocolate every week.

Mrs. Calment died on August 4, 1997 at the impressive age of 122. Is this article too long?

4. Emma Morano, 117

Emma Morano, who was the world's oldest person until she passed in April 2017, said ending her abusive marriage in 1938 contributed to her longevity. "I didn't want to be dominated by anyone," she told *The New York Times*. Morano, who lived in the northern Italian city of Verbania, also had a few unusual diet quirks: she ate two raw eggs per day, plus lots of cookies. In fact, CNN reports that Morano loved cookies so much that she'd hide them under her pillow to prevent others from eating them.

5. Jessie Gallan, 109

Jessie Gallan spent her life eating lots of porridge, but you never would have found her spending her time with a man. In her 109 years on earth, this independent lady never married. In January 2015, shortly before her 109th birthday and just three months before she passed away, Gallan linked the lack of men in her life to her longevity. "They're more trouble than they're worth," she told *The Daily Mail*. Instead, she spent her life getting plenty of exercise, surrounding herself with nice people, staying away from men and working hard starting at age 13.

She lived until she was 109.

6. Alexander Imich, 111

Alexander Imich of New York City was born the same year the Yankees played their first season and more than a year before the New York Subways opened for business. In May 2014, a month before his death, the 111 year old told NBC New York that he stayed in tip-top shape with a lifetime of healthy eating and abstinence from alcohol. His diet included chicken and fish, and he spent his younger years swimming and participating in gymnastics.

7. Filomena Taipei Mendoza, 116

In 2014, she lived in the Andes Mountains of Peru in extreme poverty; she overtook the then oldest living person, Misao Okawa, a Japanese. She's three months older than Misao Okawa of Japan, who held the record for the oldest living person according to Guinness World Records and the Gerontology Research Group as at 2014.

"I am not of the past century, young man, but the other one...I am very old," she told an official accompanying her to cash her first check according to Agence France-Presse(AFP).

Living with and through tragedies is a theme found in Filomena Taipei Mendoza's life in Peru. "I had a very hard life, I was a very young widow with nine dependent children and I worked hard to raise them. Only three of them are alive," she said to Peru's Ministry of Development.

Mrs. Mendoza exemplifies the fact that it was those who took life easy and played it safe that lived the longest.

When asked if there was anything she wished for, she replied: "I wish I still had teeth."

8. Misao Okawa, 116

She was born on March 5, 1898, at a time when Queen Victoria was still on the throne. She has two daughters, one son, four grandchildren, and six great grandchildren.

Misao Okawa's advice is rather simple. "Eat and sleep and you will live a long time," she said in an interview to The Telegraph , "You have to learn to relax."

Mrs. Okawa is a prime example of Japan's healthy aging citizens. According to the GRG, Japan boasts the highest population of verified supercentenarians in the world.

9. Dr. Ellsworth Wareham, 100

Wareham is from Loma Linda, California. Wareham served in World War II as a U.S. Navy doctor and when the war was over, he took up the medical practice full-time. He was one of the earliest doctors to practice open heart surgery in the United States, and the first at Loma Linda University, whose cardiothoracic surgery programme has been ranked among the top heart hospitals in the United States. He's an highly celebrated heart surgeon in the United States.

At the age of 100, Wareham still did all of his own yard work and climbs up and down the stairs in his two-story home.

Maintaining his good health has no doubt been made easier due to the ideals of Wareham's religion and community. Wareham himself adopted a vegan diet in midlife after reading research that showed animal protein raises cholesterol. He credits his good health and his clearness of mind, the thing he's most grateful for today, in large part, to that decision.

Each day, Wareham gets eight or nine hours of rest, wakes up at 5AM, eats two meals - always whole-wheat cereal with almond milk for breakfast - exercises, and spends time with his family. He continues to refrain from consuming animal products, referring to a study out of the Cleveland Clinic that found heart disease could be stopped by adopting a low-fat, vegan diet.

"If your cholesterol is under 150, your chances of getting a heart attack are very low," Wareham said. "My cholesterol is 117. I wouldn't even bother getting an electrocardiogram (EKG) if I had chest pain. One-third of people in the U.S. will die of coronary heart disease. If you can prevent it, it's worthwhile."

While Wareham enjoys retirement, he said he doesn't seem to have much free time.

"I will read quite a bit, and I do my own landscaping pretty much. I trim my bushes and mow my lawn, and I get my physical exercise that way," he said. "There would be people who wouldn't cut a blade of grass because they don't enjoy it, but I enjoy trimming my grass."

Wareham doesn't use a cane and has always opted for stairs instead of taking the elevator. He cites research out of Stanford University from about 25 years ago that suggested a 46 percent decreased incidence of death by heart disease by climbing a flight of stairs 20 times per week.

CHAPTER 4

YOUR PERSONAL ACTION PLAN TO GET PAST THE CENTENARY MARK

1. Brain Training

Keeping your brain active goes a long way in helping you achieve the 100+ age. People who have made it to the super golden years have given their brains a good workout, just as they have their bodies. As keeping your body fit is important, so is keeping your brain active as you move into the older age. Keeping your brain functioning in old age is equally important.

Also, engaging in activities that will keep your brain sharp helps it in fighting off brutal conditions like Alzheimer's and dementia.

Edris Mathiesan, 102, a supercentenarian herself, said she makes it a priority to flex her mental muscles. "I love playing card games, doing crossword puzzles and reading to help exercise my brain." Puzzle games and other things, like reading, stretches the brain muscles as it tries to understand the problem laid out in front of it. It helps it in staying in shape, if not tip-top, at least a healthy shape.

So, contrary to what people think, seniors don't spend all of their time camped out in front of the television. Like Michael Wasserman, a geriatrician said, "use it or lose it."

Keeping your brain active is important. It's sort of like keeping all the parts greased.

2. Be Positive

Try as much as possible to see the glass as half-full. Life should not be taken too seriously. When something negative happens, try as much as possible to find its positive side. This is one of the hardest things to do - finding happiness in sadness. What you can do in this cases is tell yourself: "Life happens, a million people have had it far worse than I have." It may not be of much help, but it'll do something. You'll be grateful.

Everyday bad things happen. Bad things that could and would drop one into deep depression, and strike at one's very core. Fight back at life by having a positive attitude; be optimistic, and have a sense of humour. A little bit of humour and seeing the positive side of things will not do any wrong to your body or mind. "Move past the past and live in the now." Do that. Once the bad has happened, you can't take it back. The next thing for you to do is to move on.

Norma Martin, 100 says, just like everyone, she has her ups and downs but her attitude is upbeat. "I had a good life with my husband and two children. I just feel like I was blessed all my life," she says "I've always looked on to the better side of things."

Also, throw in a little smile now and then. That works magic in a person's mental state.

3. Have Hobbies

There are a lot of interesting things to occupy one's self with in the world today; they are endless, really. Finding and occupying yourself with one, or two or many - it depends on your capabilities - will help you live a longer life.

In hobbies, knowledge and fun are co-conspirators. Knowledge is gained from everywhere and from anything; people find love in different things. While hobbies not only make you feel good, they make you forget the troubles of life. At the moment you are participating in a spare time activity, your worries become zero.

Hobbies are, more or less, like adventures. They are entertaining, educating, fun and, most importantly, they help you relax and relieve the tension in the brain.

Go skydiving, rock climbing, driving, bowling, writing, travelling, swimming, singing, etc. Pick up a hobby, master it, then move on to the next one. It is never wrong to go out there and try new and different things just for the fun of it.

4. Be Extroverted

Don't be the opposite of the word! Be social, be outgoing, be lively. The little things we overlook contribute to living a longer life. All the 100+ men and women are not

sitting at home bored out of their skulls. They may not be out clubbing but they definitely mix and mingle.

A study in 2010 found that people with greater social connections had a 50% likelihood of living longer than people with few or no social connections.

If you want to live past the centenary mark, keep an exciting life. Being a bore; keeping to yourself isn't the best thing for your body and brain. Have a network of friends you can meet up with weekly, if not daily. Go out and meet new people. Go where younger people are, being among young spirits makes your brain feel younger.

Downing Jet Kay, 108, has a motto, "Make new friends, but keep the old ones."

Kay herself is involved in her church, a women's organization, her community and a weekly group meet to discuss current events.

You can still LIVE while you're old. Do different things just for the fun of it.

5. Constant Low Level of Exercise

Exercise is important to the human body as much as anything else is.

In studies conducted, numbers show that people who are active for about seven hours a week have a 40% lower risk of dying early than people who are active for less than 30 minutes a week. So, you see, exercise is important to the human system.

And you don't have to be a gym rat for exercises to be beneficial to your longevity. Seniors may not be able to run or walk a mile like they used to when they were young, but supercentenarians make it a habit to sweat often.

In reality, the people that regularly live to be the oldest aren't going through extreme workouts. A study of a group of Okinawan centenarians found that they achieved abundant and consistent physical activity the natural way; such as gardening, hiking, or other labours. And getting this activity every day got them to where they are today. While you may not want to, you should think of its future benefits.

So, you should engage in regular low or moderate level exercise every day if you want to surmount the centenary mark.

6. Eat Healthy

Watch what you eat if you're considering longevity. You have to be willing to sacrifice some foods and opt for more fruits and a variety of vegetables like Kale and other leafy greens. In this 21st century, one of the most important things to humans is having a good shape; people train at the gym constantly like their lives depended on it, and put themselves on hurtful diets that could have otherwise been good for them. They are on this hurtful diet because, 'they have to look good', unaware that while their plan is good, overdoing it isn't.

The Okinawan centenarians traditionally eat a diet that is low in calories and high in vegetables. They also stop eating when they're 80% full, a cultural habit known as *hara hachi bu*, which is the stomach time to send the, "I am full," signal to the brain. This is a habit you should adopt. You can get the same result you want without overdoing it.

7. Watch The Scales

Studies show that the supercentenarians of today are much healthier than those of 25 or 30 years ago. This is due to the increasing research and knowledge about the importance of maintaining a healthy body weight. The results of some studies show that most of the 100+ people nowadays have been lean throughout their lives with an average body mass index ranging from 18 to 22. Being overweight or obese raises the risk of heart disease, stroke, hypertension, type 2 diabetes, sleep apnea, respiratory problems and some types of cancer; all of which can shorten lifespan.

So, watch your body weight, keep it balanced and you're on your way to achieving your goal of living past the centenary mark.

8. Sleep

Sleeping is vital to the human body, and getting the needed hours of rest is something you should do every day. You should get at least eight hours of sleep every day. You may have come across a chart that points out that as you grow older, the hours used in sleeping reduces; this is very true. Older people tend to sleep less. But one of the keys to living a longer life is getting adequate sleep. This is part of a healthy lifestyle and it can benefit your heart and mind.

At least eight hours a night is what is desirable. Also, you need to learn to relax. It may be hard trying to sleep, multiple thoughts dashing through your head but try and get that needed sleep.



9. Doctor Caution

As crazy as it sounds, going easy on visiting doctors and medication may help you live longer. No, you should not stop taking your prescribed medications. It is important to see a doctor for preventive care when necessary and to take medications when they are needed. But what you don't need is to pop pills whenever you have a little ache, or racing to the doctor for any small thing; these can lead to unnecessary treatments, side effects and medication errors which could reduce your lifespan.

10. Retiring?

Many people dream of retirement. And some, when they get the retirement they desire, they end up doing not so well. Waking up and not knowing what you're

going to do - not having anything planned is unnerving. The boredom that comes after affects a person's mental and physical well-being. What people don't know is that not giving up your career may have a positive impact on your lifespan.

There is something about the human brain that appreciates having a regular routine everyday. A person having a sense of purpose as they wake up everyday is beneficial to the mind.

If you're still going to retire. It's important to set a schedule. A simple daily routine like setting what you'll do in the morning, when you'll do the chores, when you'll exercise or when you'll unwind helps give you a longer life.

SUMMARY

LIVE LIFE TO THE FULL!

We hope this book has served as in inspiration for you to start to taking action towards improving the quality and length of your life.

Here's a few final words:

1. Educate yourself. Invest some time regularly to read up on ways to improve your health and wellbeing.
2. You don't have to become an fanatic in your eating and exercise habits. Just tick a few more boxes in helping your body maintain itself everyday.
3. Laugh and enjoy the journey!

YOUR NOTES

