

HOW TO LIVE TO BE



Live 12+ Years Longer with These 5 Habits

According to the American Heart Association, these healthy habits may add up to 14 years for women and 12 years for men:

1



DON'T SMOKE

Smoking takes an average of 10 years off your life.

2



EAT SMART

More fruits and vegetables, less red meat and added sugars.

3



EXERCISE NEARLY EVERY DAY

Prevents cancer and keeps your heart, brain, and muscles strong.

4



WATCH YOUR WEIGHT

Weight problems can triple your risk of early death.

5



DRINK IN MODERATION

1 drink a day if you're a woman, 2 if you're a man.

MORE WAYS TO LIVE LONGER

Studies show these simple tips can help:



WALK 30 MINUTES A DAY
(AN HOUR IS EVEN BETTER!)



SIT LESS
REGULARLY



SPEND TIME WITH FRIENDS



FIND YOUR PURPOSE



EAT A HANDFUL OF NUTS EVERY DAY



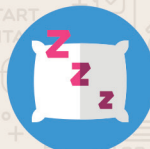
ADOPT A PET
REGULARLY



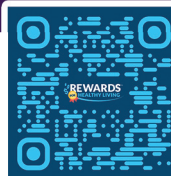
LAUGH MORE



TURN OFF THE TV



SLEEP WELL



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