

# Five Habits to Live 10+ Years Longer

In 2018, the Social Security Administration projected that about 25-percent of today's 65-year-olds will live past 90, with approximately 10-percent living to be older than 95. The old joke holds true — “If I'd known I was going to live this long, I would have taken better care of myself!”

Research shows that the following five habits can increase the lifespan of 50-year-old men to an average age of 88, and women to an average age of 93.

- **Never smoke**
  - **30+ minutes per day of moderate to vigorous exercise**
  - **No or limited alcohol intake**
  - **A high-quality, nutrient-dense diet**
  - **A normal weight BMI** (body-mass index) of 18.5 to 24.9 — (BMI is determined by dividing a person's weight in kilograms by the square of their height in meters. A high BMI can be an indicator of high body fatness)
- \* **FYI:** a BMI less than 18.5 means you are underweight. Between 18.5 and 24.9 is ideal. Between 25 and 29.9 is overweight, and over 30 indicates obesity.

## Pros & cons

Life expectancy for all Americans has increased significantly since 1940, due to better living standards, improved medical treatment, reduction in smoking, and improvements in diet.

HOWEVER, the number of Americans with low-risk lifestyles is decreasing. Only 23-percent of U.S. adults get enough exercise, and only 1 out of 10 Americans eats sufficient fruits and vegetables. Other factors impeding better & longer health are obesity, alcohol abuse, and smoking (which is still the leading cause of preventable disease and death in the USA, accounting for about 1 in 5 deaths).