LIFELONG VITALITY

Do you want to live longer and turn back the clock?

Here's a list of unhealthy lifestyle choices that can subtract years from your life:

- Smoking cigarettes: minus 8 years
- Binge drinking: minus 4 years
- Suffering from chronic depression: minus 5 years
- Living with chronic stress: minus 6 years
- Having low self-esteem: minus 4 years
- Having genetic problems: minus 10 years
- Being obese: minus 4 years
- Being morbidly obese: minus 10 years
- Eating an abundance of fast/junk food: minus 4years
- Eating a high-refined sugar diet: minus 4 years
- Having bad posture: minus 2 years
- Being inactive/couch potato: minus 8 years
- Not getting enough sleep: minus 5 years
- Having high blood-pressure: minus 5 years
- Having diabetes: minus 7 years
- Having dementia: minus 5 years lack of job satisfaction: minus 3 years
- Marriage and relationship dissatisfaction: minus 3 years
- Loneliness and absence of close friends: minus 2 years

Healthy lifestyle choices that can add years to your life:

- Regular exercise and staying active: plus 4 years
- Practicing yoga, tai-chi and qigong: plus 4 years
- Practicing meditation regularly: plus 3 years
- Eating a fiber-rich diet: plus 2 years
- Consuming omega 3 fatty acids, foods or supplements daily: plus 3 years
- Taking vitamins and anti-aging supplements every day: plus 3 years
- Getting adequate sunshine and vitamin D: plus 2 years
- Having at least one good belly laugh a day: plus 6 years
- Flossing daily and having healthy gums: plus 6 years
- Keeping your brain healthy by doing activities that stimulate the mind: plus 4 years
- Having a strong social base and good friends: plus 7 years
- Being a happy person and having a positive attitude: plus 7 years
- Having a healthy sex life (2-3 times a week): plus 4 years

From 77 outrageously effective anti-ageing tips and secrets by Amy Waldow.