



BE HEALTHY.

L FOR LIFE.™



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The power to live a long, healthy life starts with one person—you! Only you can control the effect your family history has on your life and overall health. According to a MacArthur Foundation study, only 30 percent of aging is based on genetic heritage while 70 percent is attributed to lifestyle choices. That equation can work in your favor if you change your lifestyle.

The current U.S. average life expectancy for men is 74-75 years and 79-80 for women. How long would you like to live? How long *could* you live? If you live to age 100, do you want to get there broke, alone and in poor health? What can you do today to change life tomorrow?

### Stop Killing Yourself

Each day you make decisions that will affect your overall health for years. Little choices like ordering fast food instead of cooking a well-balanced meal or watching an extra hour of TV instead of talking a walk add up over time to create long-term health problems that will keep you from living a full, healthy life. Living the 100 Year Lifestyle is not about satisfaction for only today, but about staying fit and healthy every day to age 100 and beyond.

Many of us belong to families with octogenarians or even centenarians. Although we share the same genetic pool as these long-living relatives, we often neglect the proper steps necessary to ensure we can reach our potential lifespan. In my best-selling book *The 100 Year Lifestyle*, I talk about how the major-

ity of diseases and conditions that afflict people are preventable with consistent exercise, a balanced diet and other healthy living choices like regular chiropractic adjustments.

### End Family Cycles of Destructive Habits

As you grow older, the steps for maintaining your 100 Year Lifestyle will change. We have not only inherited genes from our families, we have also inherited a mindset. We must learn to change the destructive habits that cycle through our family histories and take years off our lives.

Examples of these habits include smoking, chronic stress, excessive debt and job dissatisfaction, all of which will exact their toll on your health unless you do something about them. Take specific steps to combat these problems like reexamining your career path, living within your means, joining a smoking cessation group and practicing stress management techniques.

### Listen to Your Body's Intelligence

The New England Study of Centenarians found that most centenarians had been functionally independent for the majority of their lives. Only you can make the decision to change your lifestyle. Each day your mind, body and spirit are driven by an innate wisdom to ensure your survival. Keep your body functioning at your highest natural level by listening to its messages. Listen to your body's innate wisdom and embrace your potential longevity in order to achieve a successful 100 Year Lifestyle.

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