

# 10 TIPS FOR AGING SUCCESSFULLY

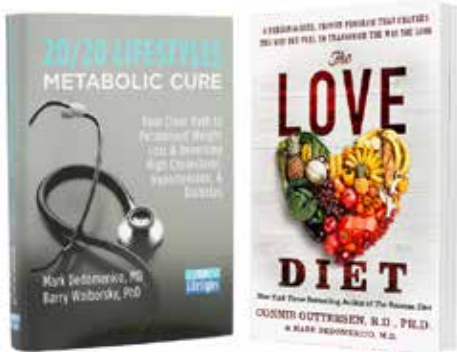
By Gary Schuster, MD



As people in the U.S. continue to have longer lifespans, numerous studies show us how to promote healthy aging. Successful aging means that individuals are free of cancer and cardiovascular disease, and have no depression, disability, cognitive impairment, diabetes or other health problems.

Here are some guidelines for successful aging that have been recognized in various studies:

**1/ Eat a balanced Mediterranean diet,** which is outlined in the books, “The Love Diet” and “20/20 LifeStyles Metabolic Cure.” Multiple studies show this reduces the risk of coronary artery disease and stroke.



## 2/ Exercise your mind.

A United Kingdom study of 6,700 healthy adults over the age of 50 found that online cognitive training has a lasting effect on improving or maintaining cognitive function. Additional studies suggest that puzzle solving and mental exercises improve and help maintain cognitive function.

## 3/ Exercise your body.

- A 2015 study on patients between the ages of 65-75 showed that resistance training not only maintains mobility, but also reduces aging changes in the brain and helps cognition.
- Multiple studies have shown that regular physical activity lowers the risk of heart disease, stroke, diabetes and some forms of cancer. American Journal of Cardiology 2016 found that the best cardiovascular outcomes occur with nine hours of moderate (or five hours of vigorous) exercise per week.

- A recently published article noted 10-15 minutes of exercise are fine, but this should add up to 2-1/2 hours of moderate exercise per week. It is suggested that the 15 minutes increases lifespan by 3 years.

It is of note that a prior study shows that 30 minutes of vigorous exercise daily improves lifespan by 12 years.

## 4/ Visit your physician

for appropriate screening for cancers, heart disease, hyperlipidemia, diabetes and hypertension. Treatment, if needed, can include programs like 20/20 LifeStyles. If individuals are screened and treated for these issues, one study showed that 56 percent of patients lived beyond 90. If one factor was left untreated (e.g. cholesterol), the number dropped to 30 percent. If two factors were left untreated, the number dropped to 20 percent, and if three were left untreated, it was 10 percent. For individuals who did not exercise, only three percent lived beyond 90. The obvious takeaway is to get screened for cancer and treat any disease so that you can live as long as you were genetically meant to.

## 5/ Get adequate sleep.

It's necessary for restoring immunity and healthy aging. Studies on napping also indicate that these individuals live longer.