

# Here's to You!

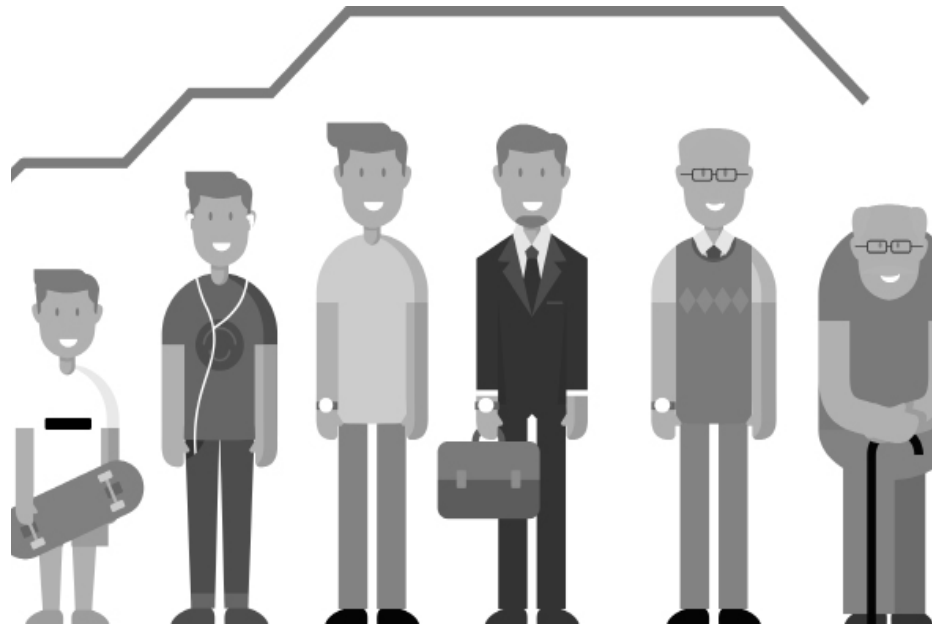
Tips for your good health provided by your district

January 2020

## Tips for living longer and better

*According to scientists, life spans are increasing. Futurity.org estimates an additional three years for each generation and no end to that trend (<https://bit.ly/2DMAuZq>).*

*Researchers continue to dig into reasons for longevity, but most agree that several common factors can impact life quality and quantity. Here is a reminder of what you should do to live longer and some news about new ways to increase your life span.*



### Conventional wisdom and new research for longevity

By now, we know the standard wisdom for health: **Don't smoke, maintain a healthy weight, exercise, eat well.**

This reminder by Johns Hopkins Medicine (<https://bit.ly/2PfFnj4>) about conventional health wisdom should be familiar by now, even if it is easier said than done. Add to that the need for adequate sleep, and most bases are covered.

There is new research, however, about longevity that suggests additional dietary changes to dramatically increase longevity.

A Harvard geneticist suggests that humans will be able to easily surpass 120 years with

supplements and lifestyle changes.

**NMN:** A compound that has shown promise for reducing inflammation in mice. Additional studies are needed for human use. This compound is also found in food such as broccoli, cabbage, cucumber, edamame, avocado and tomato.

**Resveratrol:** Found in red grapes, wine and berries, this compound may be an antioxidant and could be beneficial for anti-aging.

**Calorie restriction:** Studies show that reducing calories regularly or on occasion can be healthy. Read more by the National Institute on Aging: <http://bit.ly/2sP7Ep6>.

Read "The End of Aging" for more information: <https://bit.ly/2RIFf42>.



## For health and longevity, get a dog

According to the American Heart Association, studies have found that dog owners tend to live longer than non-owners. And recover better after major health events, especially if they live alone.

Specifically, dogs can reduce stress, blood pressure, cholesterol and depression. They can motivate people to move more through play or regular walks, and they can boost “happy hormones” like oxytocin to increase a sense of well-being.

Consider these statistics:

- Heart attack survivors living by themselves had a 33% reduced risk of death if they owned a dog; survivors living with someone else (a partner or child) had a 15% reduced risk.
- Stroke survivors living by themselves had a 27% reduced risk of death if they owned a dog, while survivors living with someone else (a partner or child) had a 12% reduced risk.
- Dog owners are 31% less likely to die from a heart attack or stroke than non-dog owners. <https://bit.ly/2LoQrsQ>

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## Wearable technology can motivate you to move

Activity trackers can provide a helpful boost to motivate you to move more. WebMD.com recommends trackers for weight loss. These devices, such as Fitbit, Garmin, Apple Watch or Nike Fuelband, can remind you to move, track your heart rate and sleep patterns. Most also have online accounts to see progress over time or help set up friendly fitness-related competitions with your social circle.

## Fitness Inspiration

The New Year often brings new goals for healthy improvements.

A survey about New Year’s resolutions published by Inc.com has found that diet and healthy eating is top of the resolution list for Americans as they welcome 2020. <http://bit.ly/2OUiPh>

Exercising more comes second (65 percent) followed by losing weight (54 percent).

If you have specific goals or just want to find new ways to stay healthy, there are role models and coaches at your fingertips through online services, blogs and Instagram personalities.

Fitness experts can be intimidating, but there is a role model for everyone. Find a list of the best fitness influencers on blogs and Instagram and follow along as they share workout and health tips.



**12 Influencers and Bloggers Over 50:** <http://bit.ly/33TXDDG>



**The 50 Best Female Influencers on Instagram:** <http://bit.ly/2LGOOHt>



**These Top 20 Fitness Influencers that have over 90+ Million Followers:** <http://bit.ly/2OXaBN3>



**50 Body Positive Influencers You Should Follow:** <http://bit.ly/2rZ8FdI>