






Risk Factors and Life Expectancy Gains

Risk Factor		YEARS GAINED	
		Women	Men
smoking		2.39	3.20
high blood pressure		2.92	2.50
excess body weight		2.21	2.30
high blood sugar		1.38	1.57
low physical activity		1.39	1.27



Longevity Factor

AW Chickering



Longevity Factor:

The book delves into Longevity Factor. Longevity Factor is a crucial topic that must be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Longevity Factor, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to Longevity Factor
 - Chapter 2: Essential Elements of Longevity Factor
 - Chapter 3: Longevity Factor in Everyday Life
 - Chapter 4: Longevity Factor in Specific Contexts
 - Chapter 5: Conclusion
2. In chapter 1, this book will provide an overview of Longevity Factor. The first chapter will explore what Longevity Factor is, why Longevity Factor is vital, and how to effectively learn about Longevity Factor.
3. In chapter 2, this book will delve into the foundational concepts of Longevity Factor. The second chapter will elucidate the essential principles that must be understood to grasp Longevity Factor in its entirety.
4. In chapter 3, the author will examine the practical applications of Longevity Factor in daily life. The third chapter will showcase real-world examples of how Longevity Factor can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Longevity Factor in specific contexts. The fourth chapter will explore how Longevity Factor is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, the author will draw a conclusion about Longevity Factor. The final chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Longevity Factor.

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