

10 TIPS TO LIVE LONGER



"You're only as old as you feel." While something of a cliché, this expression's general idea—that you have control over the ways your body is affected by the aging process—is absolutely true. By making healthy lifestyle choices, you can keep yourself feeling strong and vital well into old age. Here are 10 tips to live younger longer.

- 1 Exercise.**
- 2 Eat clean.**
- 3 Sleep well.**
- 4 Manage stress.**
- 5 Consider supplements.**
- 6 Stretch it out.**
- 7 Get busy.**
- 8 Have a drink.**
- 9 Use your head.**
- 10 Care for your skin.**

Secrets To Living Younger Longer

J Ma



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