



Lifestyles
**How to Choose
In-Home Care**
See page 7



People & Places
**Remember Veterans
this Independence
Day**
See page 10



News & Views
**Raised Garden Bed
Demonstrations in
Vermilion County**
See page 14

Lifestyles pages 3, 4, 7, 13, 16, 19

Money Matters pages 15

News & Views page 6, 8, 14, 17, 18

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Die Young—At a Very Old Age

By Joan Maiden

My intention is to die young—at around 102. “How can you do that?” you may ask. I plan to stay active and engaged in life as long as possible. There have been numerous studies done on people who live active lives well past 100 from all over the world. What is their secret and what can we do to live young all our lives?



- **Rebel** Defy what you’ve been taught about aging. Be a rebel who doesn’t go along with society’s beliefs on aging.
- **Find your tribe** Find likeminded people to hang out with. Your friends have an impact on your health and longevity. Take stock of who your friends are. Don’t hang around “old people” (those old in attitude) but rather look for people who make it easy to be happy and healthy.
- **Move** Stay physically active. Taking the stairs can decrease your chance of early death by 15%. Walk a mile or more a day at a good clip. Fast walkers have been shown to live longer than their couch potato counterparts.
- **Laugh** A terrific sense of humor along with a strong survival instinct will help insulate you from negative emotions such as depression and anxiety. Stay optimistic and smile.
- **Tea Time** Enjoy a daily pleasurable daily ritual like a glass of wine, a cup of tea or a brownie.
- **Have a Purpose** Know why you wake up in the morning. Have events and new challenges to look forward to. Live in the present and look forward to the future.
- **Belong** A strong sense of family and community helps us stay connected whether through a church or other religious organi-



zation or your biological family or friends.

- **Say Slim** Maintain a healthy weight. Include plenty of nuts, fresh fruits and vegetables in your diet.
- And my favorite
- **Shop** One study found that frequent shoppers live longer. (And you don’t even have to buy anything to benefit.) AARP reported that daily shopping lowered risk

of death by 28 percent for men and 23 percent of women.

Age is just a number—don’t let it define or confine you.

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