

IN THE GAME OF LIFE, THERE ARE POSITIVE ACTIONS YOU CAN TAKE TO CLIMB LADDERS TO A LONG AND HEALTHY EXISTENCE, AS WELL AS HABITS TO AVOID THAT CAN CHUTE YEARS OFF YOUR JOURNEY.

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You're addicted to the screen. A recent study found that TV viewing time may result in loss of life comparable to other major risk factors, such as physical inactivity and obesity. Every hour of TV watching can reduce life expectancy by 22 minutes. Vou're stressed to the max and haven't found ways to cope. According to the American Psychological Association, stress is linked to the six leading causes of death: heart disease, cancer, cirrhosis of the liver, lung disease, accidents and suicide.

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↑ Three cheers for Team Veggies! Since you regularly eat four to six servings of vegetables daily, you have a higher chance of joining the centenarian club. Most of the world's longest-living people eat diets based on beans, whole grains and vegetables—and that rarely include meat.43

> Two thumbs up for engaging in leisure-time physical activity, such as biking, gardening or walking. Being physically active at least 2.5 hours per week adds five years or more to your life.

Vou go it alone far too often. Being disconnected from family and society removes you from interactions and traditions that foster happiness. The world's communities with the longest-living people make family and friendships a priority.

↓ Every pack of cigarettes you smoke takes five hours off your life. If you've been a smoker for decades, that can add up to ten or more lost years of life. More than 90 percent of lung cancers are the result of smoking, and nearly one in five deaths is related to it. ↑ Women who have a healthy weight at age 65 can expect to live into their late 80s—and often longer. Kudos to you for keeping your waist circumference in the ideal range (fewer than 35 inches for women and fewer than 40 inches for men).



A Because you love being in nature, you have a 12 percent lower risk of dying early from nonaccidental causes. People who spend more time in green areas—such as taking regular walks in the woods—have better mental health and a lower risk of dying of cancer and other chronic diseases.