18 Simple Rules to Follow if You Want to Live to 100

Sure, your genes have something to do with your life span, but the doctors we spoke to agreed that simple things can make a big dent in your risk of chronic disease. You won't just live longer—you'll make those (many, many) years count.



- [ ] 1. Stop smoking
- [ ] 2. Exercise daily
- [ ] 3. Eat your produce
- [ ] 4. Get screened
- [ ] 5. Make sleep a priority
- [ ] 6. Ask your doctor about low-dose aspirin
- [ ] 7. Know your blood pressure numbers
- [ ] 8. Stay connected
- [ ] 9. Cut back on saturated fat
- [ ] 10. Get help for depression
- [ ] 11. Manage your stress
- [ ] 12. Have a higher purpose
- [ ] 13. Load up at breakfast
- [ ] 14. Start fasting
- [ ] 15. Cook at home
- [ ] 16. Have a sit-down meal

- [ ] 17. Save up
- [ ] 18. Focus on the good stuff

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