

Living to 100 tips from Dr. Abramson

Key 1: The body

Aspects of good health should include:

- Reduce stress.
- Adequate sleep (7 to 8 hours per night, and naps are a powerful tool).
- Regular stretching and deep breathing to keep your joints flexible and your body oxygenated.
- Physical activity that includes both high- and low-impact exercise at least 3 times a week.
- Drink water daily. The recommended formula is body weight/2 = ounces of water per day (e.g., a 120 pound person should drink 60 ounces daily).
- Eat well. Generous amounts of dark leafy vegetables, fresh fruits, and whole grains in your daily diet. Reducing the amount of unhealthy fats, processed sugars and preservatives in your diet.
- Consume a moderate amount of alcohol (e.g., just a glass of red wine with dinner).
- Sleep on a silk pillowcase.

Key 2: The mind

Boost your brain power by:

- Cognitive training: Memory, reasoning, and speed-of-processing exercises create a winning combination for cognition.
- Change things up: get out of your routine, take a different route home, see an atypical genre of movie.
- Don't smoke: Non-smokers are nearly twice as likely to stay sharp in old age as those who smoke.
- Maintain social networks: People who work, volunteer and maintain close-knit human bonds are 24 percent more likely to preserve cognitive function in late life.

Key 3: Social

Ideas for being social:

- Maintain social networks: People who work, volunteer and maintain close-knit human bonds are 24 percent more likely to preserve cognitive function in late life.
- Take up new hobbies
- Write your life story
- Develop a new career
- Pursue ways to meet new people and add new relationships
- Spend time with friends and family
- Get involved with community issues and volunteer