

Live Longer

CALL YOUR MOTHER, TAKE FRIDAY OFF & LAUGH YOUR WAY TO A LONG AND HEALTHY LIFE.



Bulldog Photo: Global P

Sexy Young Woman Photo: Sweitta

Heart and Stethoscope Photo: Barisonal



HERE COMES THE... MUCH YOUNGER BRIDE

A study at the Max Planck Institute in Germany found that men who marry 15 to 17 years their junior live longer than the rest of us. According to researchers, a perky bride can reduce your chance of dying early by a fifth.



OH, MOTHER

According to a study by the Harvard Medical School, 91% of those who don't have close relationships with their mothers develop serious health problems like high blood pressure, alcoholism and heart disease later in life.

WOOF

Dog owners are less stressed and have fewer doctor's visits according to a Cambridge University study. Man's best friend improves your overall health by keeping you relaxed and content, which lowers your blood pressure.

PLAY HOOKY

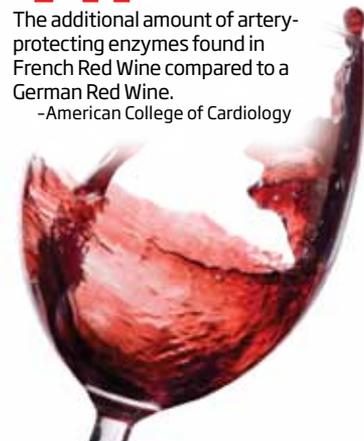
Missing a few days of work can reduce heart attack and stroke risk by nearly 30%.

-State University of New York

4 X

The additional amount of artery-protecting enzymes found in French Red Wine compared to a German Red Wine.

-American College of Cardiology



Mother & Son Photo: Lisafx

Red Wine Photo: Andrew Johnson

Almonds Photo: Subjug

100 YEARS

THE MAJORITY OF THOSE WHO LIVE TO SEE A HUNDRED START THEIR DAY WITH A HEARTY BREAKFAST. STUDIES SHOW THOSE WHO OPT FOR A LITTLE SUSTENANCE IN THE MORNING FEEL BETTER PHYSICALLY AND MENTALLY, HAVE LESS WEIGHT GAIN, AND OVERALL BETTER HEALTH WHEN COMPARED TO THOSE WHO SKIP THE FIRST MEAL OF THE DAY.

-International Journal of Food Science and Nutrition

MONDAY, TUESDAY, WEDNESDAY, THURSDAY, FRIDAY

Those who nibble nuts 5 days a week live 2.9 years longer than those who don't.

-Loma Linda University



Laughing Horse Photo: Rdegre



100 LAUGHS = 10 MINUTES OF JOGGING

Research shows having a laugh can help lower levels of stress hormones and heighten the body's natural defensive killer cells and antibodies.

-Cardiologist Dr. William Fry