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### **you can live longer pdf**

You might feel like your children are giving you gray hairs, but in reality, having kids can positively influence how long you live. A recent study from Sweden found that men and women lived ...

### **How to Live Longer, According to Science | Reader's Digest**

scientifically proven system so you can enjoy a longer and better life -- and stay younger, be happier and live longer. Read on . . . for something positive and uplifting The Vision of How Long and Youthful Your Life Can Be My goal for you is to be dancing joyfully on this beautiful earth to the sweet music of life for a great many years to come. You'll be enjoying

### **Stay Young Live HEALTHY and Long**

You can live longer if you retire early, research showsâ€”hereâ€™s why. Being in a work environment can keep your mind and, in some cases, your body active. If you work alongside others, that might also provide a sense of belonging. Social isolation, as the Times notes, is linked to cognitive decline and even death.

### **How research shows you can live longer if you retire early**

Get your copy of Living Better, Living Longer. With this Special Health Report, Living Better, Living Longer, you will learn the protective steps doctors recommend for keeping your mind and body fit for an active and rewarding life. Youâ€™ll get tips for diet and exercise, preventive screenings, reducing the risk of coronary disease, strengthening bones, lessening joint aches, and assuring that your sight, hearing, and memory all stay sharp.

### **Tips for a longer life - Harvard Health**

Youâ€™ll Live Longer If You Can Do This Many Push Ups, Say Scientists

### **You'll Live Longer If You Can Do This Many Push Ups, Say**

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2 things you can control to live longer. Virginia Tims-Lawson. Print. Researchers have discovered a number of factors that determine how long you will live â€” from a genetic predisposition, to cholesterol problems, to whether or not you have diabetes.

### **2 things you can control to live longer - Easy Health OptionsÂ®**

Being in a healthy relationship may help you live longer ... The bottom line is that marriage can indeed help you live longer, as long as the relationship is a healthy one. So if you're happily ...

### **Being in a healthy relationship may help you live longer**

Hard Work and Stress Will Kill You In fact, workaholics may live longer. In the study, some of the people who worked the hardest and the longest hours â€” and had jobs they were happy with â€” lived longest. However, Martin says, â€œIf youâ€™re in a job that you detest, working hard wonâ€™t help you.â€• A longer life comes from hard work in activities

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