

100 Ways to Live to 100

1. Walk every day.
2. Take the stairs.
3. Stop smoking.
4. Listen to your body.
5. Watch what you eat.
6. Drink lots of water.
7. Forgive.
8. Be an optimist.
9. Make love.
10. Exercise regularly.
11. Eat plenty of fruit.
12. Laugh often.
13. Relax.
14. Eat your greens.
15. Do nothing in excess.
16. Practice what you preach.
17. Look before you leap.
18. Make time for your friends.
19. Reduce your cholesterol.
20. Early to bed, early to rise.
21. Try new things.
22. Read a book.
23. Take your medicine as prescribed.
24. Challenge yourself.
25. Count your blessings.
26. Indulge yourself.
27. "Carpe diem" (Seize the day).
28. Take setbacks in stride.
29. If you want to stop taking a medication ask your doctor.
30. Use olive oil.
31. Sit up straight.
32. Keep your mind active.
33. Eat plenty of fish.
34. Get plenty of fresh air.
35. Control your temper.
36. Take nothing for granted.
37. Ask questions when your doctor gives you new medications.
38. Don't procrastinate.
39. Accept those things which you cannot change.
40. Don't drink and drive.
41. Create solutions, not problems.
42. Pamper yourself once a day.
43. Smile often.
44. Listen to your doctor.
45. Wash your hands often.
46. Check your blood pressure.
47. Reduce portion sizes.
48. Get a flu shot.
49. Cook more often
50. Eat out less often.
51. Eat less meat.
52. Brush your teeth.
53. Eat more fiber
54. Stay in school.
55. Celebrate getting older
56. Drink moderately.
57. Help others
58. Stay busy.
59. Get enough sleep
60. Meditate.
61. Nap.
62. Drink caffeine in moderation.
63. Don't sit too much.
64. Limit screen time.
65. Consume less sugar
66. Get a mammogram.
67. Get prostate checked.
68. Embrace spirituality.
69. Breastfeed your baby if you can.
70. Avoid fried foods
71. Eat chicken soup.
72. Use sunscreen.
73. Eat an apple a day.
74. Keep your immunizations up to date.
75. Get married.
76. Do something creative.
77. Take colon cancer test.
78. Get a bone density test.
79. Know your body – report significant changes.
80. Get a pap test.
81. Care for a pet.
82. Forgive and forget.
83. Be positive.
84. Tend a garden.
85. Say thank you.
86. Be true to yourself.
87. Floss your teeth.
88. Visit your dentist.
89. Tell the truth.
90. Chew your food thoroughly.
91. Consume less salt.
92. Share.
93. Limit sun exposure.
94. Volunteer.
95. Wear a life-jacket
96. Wear a seatbelt.
97. Watch your weight
98. Don't text and drive.
99. Don't share prescription drugs.
100. Cry if you need to.