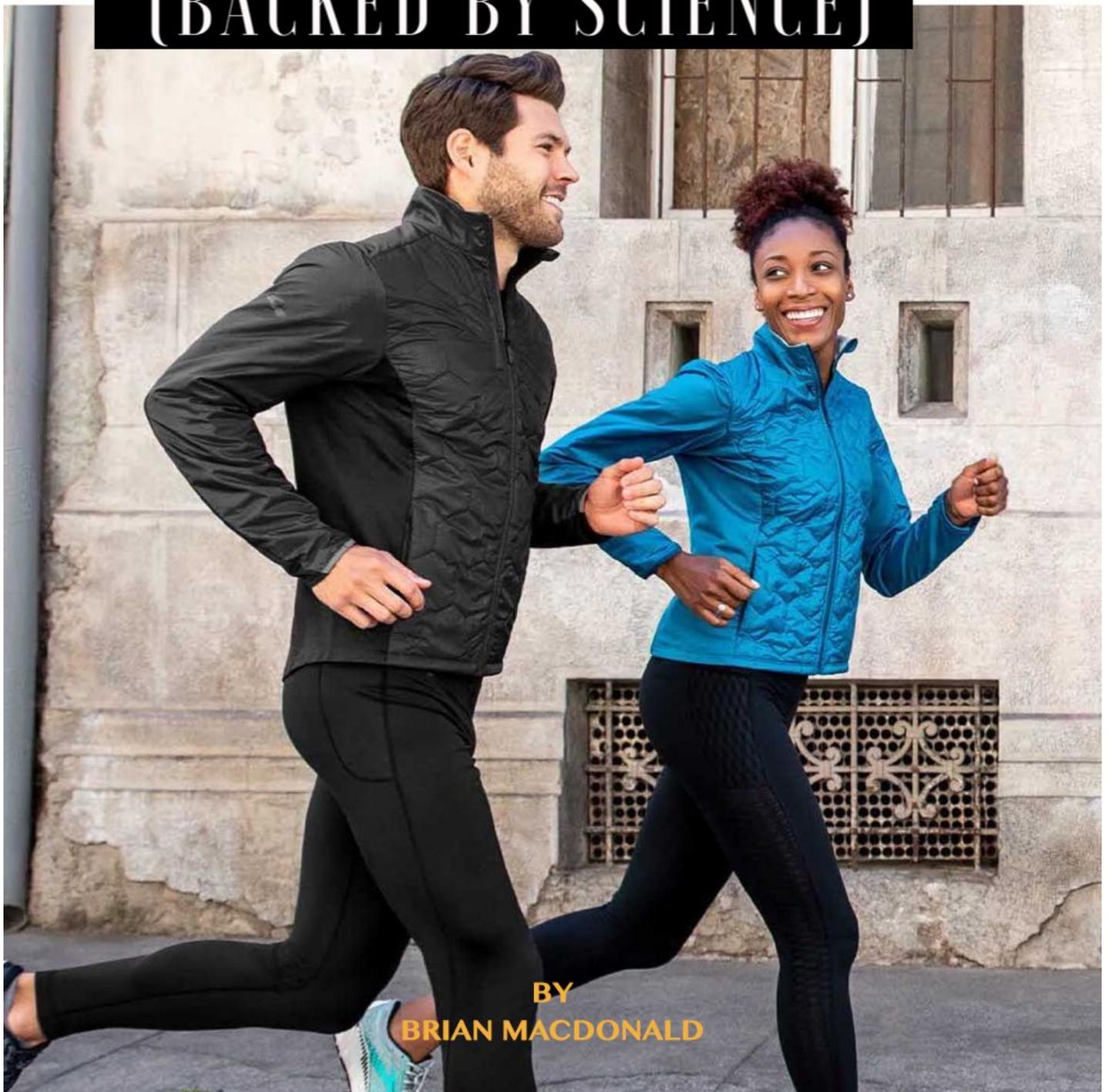


11 HABITS

LINKED TO A LONG LIFE

(BACKED BY SCIENCE)



BY
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Many people think that life expectancy is largely determined by genetics.

However, genes play a much smaller role than originally believed. It turns out that environmental factors like diet and lifestyle are key.

Here are 11 habits linked to a long life.

1. Get 8,000-12,000 Steps a Day
2. Sleep 6-8 Hours each night
3. Track your vitals daily/ Regular screenings
4. Eat plenty of healthy plant foods
5. Don't smoke
6. Moderate your alcohol intake
7. Prioritize your happiness
8. Avoid chronic stress and anxiety
9. Nurture your social circle
10. Be more conscientious
11. Drink coffee or tea

1. Get 8,000-12,000 Steps A Day

Recent research has given us a better understanding of the relationship between daily steps and overall health. New findings on this topic were [just published](#) in March 2020 in the *Journal of the American Medical Association*.

Researchers from the National Cancer Institute and the National Institute on Aging, as well as from the Centers for Disease Control and Prevention, found that the number of steps a person takes each day does indeed have a strong association with mortality.

The findings revealed that a greater number of daily steps was significantly associated with lower all-cause mortality.

More specifically, taking at least 8,000 steps per day was associated with a 51% lower risk for death from all causes compared with taking 4,000 steps per day or less.

Going up to 12,000 steps per day was associated with a 65% lower risk of dying compared with taking 4,000 steps.

Based on this new data everyone should aim to tally at least 8,000 steps per day, and going beyond that is even better (presumably there is a point at which it becomes *too much* activity, but that isn't a meaningful risk for most people).

If 8,000 steps sounds daunting, note that this recent research found [no association between step intensity and risk of death](#) after accounting for the total number of steps taken per day.

This is consistent with data from the world's [Blue Zones](#) where people live the longest — they engage in [routine natural movement](#) throughout the day, but don't pump iron, run marathons, or join gyms.

This new research proves once again that our bodies were designed to move.

Take more steps, live longer. But you can take those steps on your own terms, without suffering through dreaded workouts.

The key is to be consistent and to stay active every day while wearing a trustable, comfortable, easy device that can track your steps daily such as the new BioFit Ring (www.biofitring.com)

SUMMARY *By tracking your daily steps, you can live a longer life by increasing to 8,000-12,000 steps daily.*

2. Sleep 6-8 Hours Every Night

Perhaps the most groundbreaking result of the research is to show the connection between sleep and longevity. Not that the scientific community had been sleeping on this crucial link between sleep and human lifespan, but “compared to the other basic drives in life – eating, drinking, and reproducing – the purpose of sleep remained elusive”.

In his latest book *Why We Sleep*, leading sleep scientist Professor Matthew Walker, Director of University of California Berkeley's Sleep and Neuroimaging Lab, has provided glaring evidence of why adequate sleep is crucial for the healthy functioning of our brain. Sleep, according to Walker, has transformative powers to change our lives for the better. Yet its importance is exceedingly undermined in modern times, resulting in every major

disease in the developed world. Research shows that Alzheimer's, cancer, obesity, and diabetes all have very strong causal links to sleep deficiency.

In this lecture, Walker demonstrated how prolonged lack of sleep causes damage to certain parts of the brain and affects learning and memory. Human ability to learn and retain knowledge is highly dependent on the brain's memory function. Research shows that getting a comfortable sleep after learning is akin to hitting the save button on the computer which permanently imprints the new information in the brain. Sleep deprivation, on the other hand, shuts down your memory inbox and you are unable to receive any new files, affecting your learning and hence productivity.

Over the long run, the health risks of not catching enough Z's are alarmingly similar to consuming harmful substances in large quantities. Yet, we do not raise a brow when we see a friend or colleague yawning in the middle of a meeting. We do not see road signs saying "do not sleep while driving;" at least not as often as we see "do not drink and drive." We whine about not getting enough exercise or not having the time to improve our dietary habits, yet we do not notice the effects of sleep deprivation on our health—mental as well as physical. Poor diet and lack of exercise are the usual suspects while lack of sleep gets away every time with an unconvincing alibi. Ironically, by trying to manage only those two aspects of our sleepless lives, we expect to recoup our energies like a magical panacea. We play it cool. We let it roll. The truth is we are betting against the odds.

Coming back to science, more than 20 large scale epidemiological studies all report the same clear relationship: the shorter your sleep, the shorter your life. For example, in one research study adults aged 45 years or older who slept less than six hours a night were 200% more likely to have a heart attack or stroke in their lifetime compared to participants who slept seven or eight hours a night. Interestingly enough, in another study sleep deprivation has been linked with increased risk of weight gain, Alzheimer's, and relapses in addiction disorders. On a basic level, lack of sleep also lowered participants' immune systems. "I'm not going to say that the obesity crisis is caused by the sleep-loss epidemic alone," says Walker. "It's not. However, processed food and sedentary lifestyles do not adequately explain its rise. Something is missing. It's now clear that sleep is that third ingredient."

The best way to start making certain you get 6-8 hours of 'deep' sleep is to monitor your sleep with a comfortable, reliable device that tracks this such the new BioFit Rings which monitor your sleep, activity and overall health (www.BioFitRing.com)

SUMMARY *Monitoring you sleep to get 6-8 hours each night play an extremely important role in living a longer life.*

3. Track your Vitals and Get Health

Screenings/Tests

Improving your life expectancy through daily monitoring your vitals such as sleep quality, daily steps, activity, blood pressure and getting medical tests and health screenings is certainly not always easy but with new devices such as a BioFit Ring is can keep you accountable and is a “fun ways to live longer,” and it is, without a doubt, one of the most effective ways to add healthy years on to your life.

Monitoring your vitals daily and screenings can help drastically prevent and treat diseases early, when they are more treatable, and extend life expectancy even with an illness or disease.

Of course, the challenge is figuring out what device is reliable, easy to use, safe and comfortable can be a challenge so we suggest the highly rated BioFit Ring. Along with monitoring your daily vitals, schedule regular Mammograms, colonoscopies, and Pap smears have been proven to decrease mortality and morbidity from the diseases.

SUMMARY *Tracking your vitals daily plays a huge role in staying healthy and living longer. Preventing and early detection of disease is a key role in living a longer, healthier life.*

4. Eat plenty of healthy plant foods

Consuming a wide variety of plant foods, such as fruits, vegetables, nuts, seeds, whole grains, and beans, may decrease disease risk and promote longevity.

For example, many studies link a plant-rich diet to a lower risk of premature death, as well as a reduced risk of cancer, metabolic syndrome, heart disease, depression, and brain deterioration (28, 29, 30, 31).

These effects are attributed to plant foods’ nutrients and antioxidants, which include polyphenols, carotenoids, folate, and vitamin C (32).

Accordingly, several studies link vegetarian and vegan diets, which are naturally higher in plant foods, to a 12–15% lower risk of premature death (33, 34).

The same studies also report a 29–52% lower risk of dying from cancer or heart, kidney, or hormone-related diseases (33, 34).

What's more, some research suggests that the risk of premature death and certain diseases increases with greater meat consumption (35, 36, 37).

However, other studies report either nonexistent or much weaker links — with the negative effects seeming specifically linked to processed meat (38, 39).

Vegetarians and vegans also generally tend to be more health-conscious than meat eaters, which could at least partly explain these findings.

Overall, eating plenty of plant foods is likely to benefit health and longevity.

SUMMARY *Eating plenty of plant foods is likely to help you live longer and lower your risk of various common diseases.*

5. Don't smoke

Smoking is strongly linked to disease and early death (44).

Overall, people who smoke may lose up to 10 years of life and be 3 times more likely to die prematurely than those who never pick up a cigarette (45).

Keep in mind that it's never too late to quit.

One study reports that individuals who quit smoking by age 35 may prolong their lives by up to 8.5 years (46).

Furthermore, quitting smoking in your 60s may add up to 3.7 years to your life. In fact, quitting in your 80s may still provide benefits (44, 46).

SUMMARY *Stopping smoking can significantly prolong your life — and it's never too late to quit.*

6. Moderate your alcohol intake

Heavy alcohol consumption is linked to liver, heart, and pancreatic disease, as well as an overall increased risk of early death (47).

However, moderate consumption is associated with a reduced likelihood of several diseases, as well as a 17–18% decrease in your risk of premature death (47, 48).

Wine is considered particularly beneficial due to its high content of polyphenol antioxidants.

Results from a 29-year study showed that men who preferred wine were 34% less likely to die early than those who preferred beer or spirits (49).

In addition, one review observed wine to be especially protective against heart disease, diabetes, neurological disorders, and metabolic syndrome (50).

To keep consumption moderate, it is recommended that women aim for 1–2 units or less per day and a maximum of 7 per week. Men should keep their daily intake to less than 3 units, with a maximum of 14 per week (51).

It's important to note that no strong research indicates that the benefits of moderate drinking are greater than those of abstaining from alcohol.

In other words, there is no need to start drinking if you don't usually consume alcohol.

SUMMARY *If you drink alcohol, maintaining a moderate intake may help prevent disease and prolong your life. Wine may be particularly beneficial.*

7. Prioritize your happiness

Feeling happy can significantly increase your longevity (52).

In fact, happier individuals had a 3.7% reduction in early death over a 5-year study period (53).

A study of 180 Catholic nuns analyzed their self-reported levels of happiness when they first entered the monastery and later compared these levels to their longevity.

Those who felt happiest at 22 years of age were 2.5 times more likely to still be alive six decades later (54).

Finally, a review of 35 studies showed that happy people may live up to 18% longer than their less happy counterparts (55).

SUMMARY *Happiness likely has positive effects not only for your mood but also your lifespan.*

8. Avoid chronic stress and anxiety

Anxiety and stress may significantly decrease your lifespan.

For instance, women suffering from stress or anxiety are reportedly up to two times more likely to die from heart disease, stroke, or lung cancer (56, 57, 58).

Similarly, the risk of premature death is up to three times higher for anxious or stressed men compared to their more relaxed counterparts (59, 60, 61).

If you're feeling stressed, laughter and optimism could be two key components of the solution.

Studies show that pessimistic individuals have a 42% higher risk of early death than more optimistic people. However, both laughter and a positive outlook on life can reduce stress, potentially prolonging your life (62, 63, 64, 65).

SUMMARY *Finding ways to reduce your anxiety and stress levels can extend your lifespan. Maintaining an optimistic outlook on life can be beneficial, too.*

9. Nurture your social circle

Researchers report that maintaining healthy social networks can help you live up to 50% longer (66).

In fact, having just 3 social ties may decrease your risk of early death by more than 200% (67).

Studies also link healthy social networks to positive changes in heart, brain, hormonal, and immune function, which may decrease your risk of chronic diseases (68, 69, 70, 71, 72).

A strong social circle might also help you react less negatively to stress, perhaps further explaining the positive effect on lifespan (73, 74).

Finally, one study reports that providing support to others may be more beneficial than receiving it. In addition to accepting care from your friends and family, make sure to return the favor (75).

SUMMARY *Nurturing close relationships may result in decreased stress levels, improved immunity, and an extended lifespan.*

10. Be more conscientious

Conscientiousness refers to a person's ability to be self-disciplined, organized, efficient, and goal-oriented.

Based on data from a study that followed 1,500 boys and girls into old age, kids who were considered persistent, organized, and disciplined lived 11% longer than their less conscientious counterparts (76, 77).

Conscientious people may also have lower blood pressure and fewer psychiatric conditions, as well as a lower risk of diabetes and heart or joint problems (78).

This might be partly because conscientious individuals are less likely to take dangerous risks or react negatively to stress — and more likely to lead successful professional lives or be responsible about their health (79, 80, 81).

Conscientiousness can be developed at any stage in life through steps as small as tidying up a desk, sticking to a work plan, or being on time.

SUMMARY *Being conscientious is associated with a longer lifespan and fewer health problems in old age.*

11. Drink coffee or tea

Both coffee and tea are linked to a decreased risk of chronic disease.

For instance, the polyphenols and catechins found in green tea may decrease your risk of cancer, diabetes, and heart disease (82, 83, 84, 85, 86).

Similarly, coffee is linked to a lower risk of type 2 diabetes, heart disease, and certain cancers and brain ailments, such as Alzheimer's and Parkinson's (87, 88, 89, 90, 91, 92).

Additionally, both coffee and tea drinkers benefit from a 20–30% lower risk of early death compared to non-drinkers (93, 94, 95, 96).

Just remember that too much caffeine can also lead to anxiety and insomnia, so you may want to curb your intake to the recommended limit of 400 mg per day — around 4 cups of coffee (97, 98).

It's also worth noting that it generally takes six hours for caffeine's effects to subside. Therefore, if you have trouble getting enough high-quality sleep, you may want to shift your intake to earlier in the day.

SUMMARY *Moderate consumption of tea and coffee may benefit healthy aging and longevity.*

The bottom line

Longevity may seem beyond your control, but many healthy habits may lead you to a ripe, old age.

These include drinking coffee or tea, exercising, getting enough sleep, and limiting your alcohol intake.

Taken together, these habits can boost your health and put you on the path to a long life.