

10 healthy habits that help you live up to 100 years old

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Living up to 100 years of age is a very high goal, but most of us would like to be able to live until 100 years old. It seems to be a magic number for a long and happy life. However, living 100 years on this planet is very different from honoring that precious 100 years. Here are **10 healthy habits** you should have right now if you want to live to "seniors".

1. Exercise sports. Always active



A body that is constantly active will always maintain its energy. On the other hand, a dull body will always maintain fatigue. Get active every day to make yourself younger. With the majority of the workload in the office going out to the outdoors today, you will have to sit more moving. So, exercise becomes an extremely important factor to maintain a happy, healthy life in the "golden age" of youth. Learning to play golf and playing tennis at a young age will help you become more active in your old age, which is also a great way to expand your social relationship.

2. Unconditional love

As you get a little older, there are many things that you find attractive now that don't make up the majority of your future life. The work will take less of your time, the beauty outside will fade but the relationship with family and friends will last forever. So make sure you spend enough time with your beloved friends at every stage of your life.

Unconditional love for parents, spouses, children, friends and family. Share the love. Maintain attachment and keep loved ones with you. In spite of the fact that there are many troubling and troubling problems that can get into family life when you are young and full of pride, love it anyway. You will find that love and care will remain while others fade away.

3. Accept the changes that age brings



Over time, one of us will also change from physical to spiritual and everything else - age will conquer everything. Have fun accepting that. The wrinkles carry wisdom, memories and stories to life. Share them with everyone around. Do not let change dominate you but gather lots of experiences for yourself.

4. Eat fruits and vegetables

Eating healthy is not just about getting older, but we need to build this habit throughout our lives. Food is an important part of feeding people, make sure food is loaded with energy, not to destroy the body. You cannot live up to 100 years if you are unwell. A healthy diet is one of the best ways to improve quality of life and is also a way to maintain age for a long time.

5. Sleep. Take a nap. Rested



Get enough sleep. A well-rested body will work at the best possible level, protecting you from illness and fatigue; You will be less stressed, less aging. Besides, find yourself a position to sleep and rest that suits you. Sleep is very important for energy recovery. You will use your body energy all day long, so give it time to recover and it will reward you for a long and healthy life.

6. Play crossword puzzles, chess or games Phrase 10

Play intellectual games to keep your mind sharp and maintain a competitive attitude. You will find that playing strategy games when you are young helps you to be better at old age. Having healthy, competitive thoughts will keep your mind sharp, no matter what stage of your life is.

7. Receive new technology



You may feel lonely if you don't embrace a world dominated by high technology. Get the technology. Stay up to date with the latest technologies and try using the best technologies. Participate in the social network that young people are using, continue to learn and " *evolve* " when newer technologies emerge. You will find that while

others are left in estrangement, you still maintain the ability to do what you want. Because a lot of things change when you live to be 100 years old. Practice adapting and you will find that every year you live is worthwhile.

8. Listen to pop music where you live

Just like technology, whether you open your heart or find new hobbies, you should leave your home to be "*evolved* ." By embracing change, you will fully prepare for a new and more exciting world around you in the next few decades.

9. Don't forget to have a routine health check



Take care of yourself and start it now. Types of illnesses are dangerous or come at the same time, so be very careful. Don't be subjective to your current health situation without going to the doctor. Go to the dentist to make sure that your teeth are in the best possible care. Those are small things we often forget when we are young, but cause great consequences when we are old. Remember to keep your body healthy and you will be grateful to yourself when you are 100 years old.

10. Travel. Learn how to adapt to life away from home

Learn how to love adventure trips. There are many things that will change throughout your life, you should be open to the experiences that 100 years of life bring. Travel across the country, around the world, explore life around, learn about things you love outside your home and embrace them. Then there will be a moment to look back, you will see how quickly 100 years will pass!

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