

Living longer is not necessarily so difficult and expensive, as stated in social networks. According to experts in longevity, for this you just need to return to the origins. These are simple habits can help.

**Instead of scrolling tape, take a walk in the morning.** Physical activity makes the body work more efficiently. This is evidenced by the Doctor of Sciences S. Jay Olshansky, professor of epidemiology and a researcher of longevity at the University of Illinois at Chicago. It is scientifically proven that sport is perfect for maintaining physical and cognitive activity. A particularly useful habit can be walking.

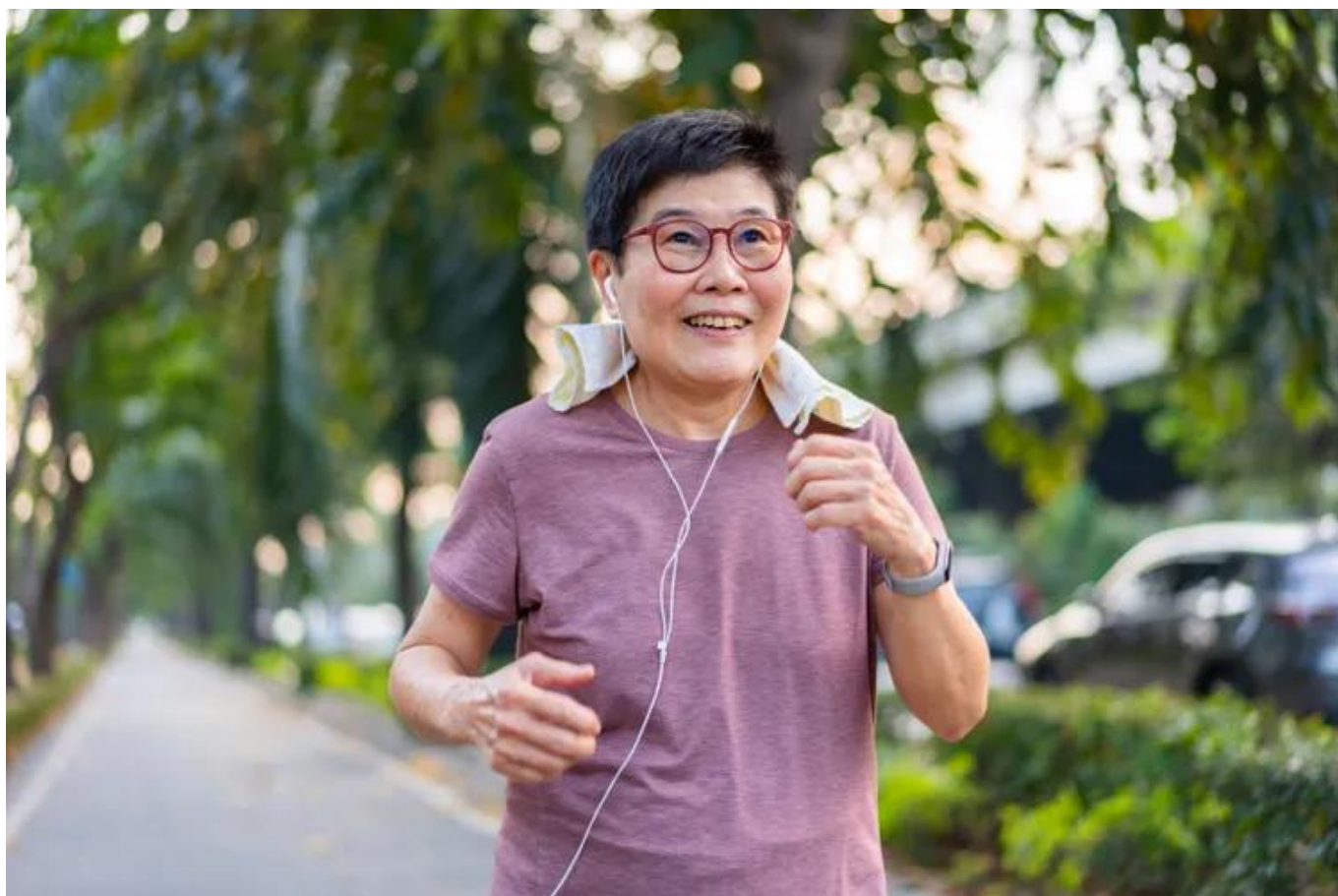
A review of 2023 showed that this is an integral part of the everyday life of people who live in "blue zones" (regions of the world, where are the most centenarians). For adults younger than 60 years old, the optimal value will be 8000-10,000 steps per day.

At the same time, there is no final verdict yet: the meta-analysis published this month demonstrated that only 7,000 steps daily reduce the risk of developing cardiovascular diseases, cancer, senile dementia, depression, and other types of chronic diseases.

**Replace two less nutrients with two fruits or vegetables.** There is convincing evidence that the observance of the Mediterranean diet and Dash diet can contribute to longevity, since these types of nutrition reduce the risk of chronic diseases. Most of the healthy diets at the same time include foods such as whole grain, fruits, vegetables, low -fat dairy products, fish, low -fat poultry and vegetable oils for cooking.

Select two of the least nutrient products in your purchase list and replace them with two whole whole ones. You can try to start with the replacement of stable snacks with fruits and vegetables.

**Strive for at least seven hours of good sleep every night.** One study of 2024 with the participation of more than 170,000 adults showed that men who receive enough sleep live about five years longer than those who lack. For women, this indicator was about 2.5 years. "Sufficient sleep" in this work was defined as seven to eight hours of sleep every night without frequent insomnia, snoring or daytime drowsiness. Poor dream is also associated with metabolic problems, an imbalance of the nervous system, chronic inflammation and impaired immune system.



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**Contact your friends and friends.** According to various estimates, loneliness and social isolation can increase the risk of premature death by 26% and 29%, respectively. But the quality of relations is more useful than the number of people with whom you interact. One way to find significant connections is to devote yourself to volunteering. As part of one study, scientists found that people who worked as volunteers for one or four hours a week observed a slower biological aging compared to those who did not engage in such activities at all.

**Work to become a little more optimistic.** The results of the scientific work of 2019 showed: a more optimistic mood can lead to an increase in life expectancy by 15% and increase the chances of surviving to 85 years. In addition, optimism is associated with a lower level of inflammation and healthier indicators of the cardiovascular system.

***News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.***