

THE SECRET TO LONGEVITY



It has long been one of my goals to live to 100 years old. What about you? You may not want to necessarily live to 100, but I am sure you would like to live as long as possible and be happy, healthy and vibrant. If so then this article is for you.

Many of my articles have discussed, ad nauseum, the importance of good nutrition and exercise in the pursuit of longevity. So I won't bore you with that in this article.

I have just read something very interesting that may sound like a contradiction to things I have said, but it actually will supplement and improve your attempts in having a long, happy and healthy life.

I have been reading a book called "*The Magic is in the Extra Mile*" by Larry Di Angi and he discusses a study that was conducted on 50 people who have lived over 100 years. The next section is from his book;

"...The researchers specifically looked for similarities in diet, exercise, lifestyle and habits that could contribute to their longevity and quality of life. What they found was amazing.

We are becoming more and more aware of the great benefits of a healthy diet and exercise, and the researchers expected to find these factors to be the major contributors. Through an extensive interviewing process, the news team found that some of the participants in this study had what would be considered good diets. An equal number of people were not as healthy in their food choices. Exercise and other areas of lifestyle were also not found to be a common thread throughout the group.

*However, two things were overwhelmingly consistent among over 90% of those studied. What were these consistent traits? Nine out of ten said that throughout their entire lives they awoke every morning with an **attitude of gratitude** for one more day of life and they **saw each day as a precious gift**. Secondly, nine out of ten stated that they felt that life **was too short to hold grudges or spend time complaining**, and **they forgave people quickly and refused to dwell on negative thoughts.**"*

What a revelation!

If you are saying; "great I can go and binge out on fried and processed foods and give up horrible exercise!" I would rethink that strategy. The nutrition and exercise part is still and will always be a crucial part of the longevity puzzle, but there is obviously so much more to it.

I have often spoken about the pathway to life long wellbeing, which flows through four areas in order;

1. The right mindset
2. A supporting lifestyle
3. Good nutrition
4. Movement

This study just reinforces that as important as good nutrition and exercise is, mindset and attitude will determine where in your life that you end up.

When you wake up tomorrow why not make a decision to;

- Think of all the things you are grateful for
- Be happy to be alive
- Let go of grudges and forgive others and tell them
- Forgive yourself
- Look for and Think of the positive in every situation

What an important lesson that I hope you can take on board and apply into your life today as you strive for an incredible life of longevity, vitality, happiness and prosperity.

