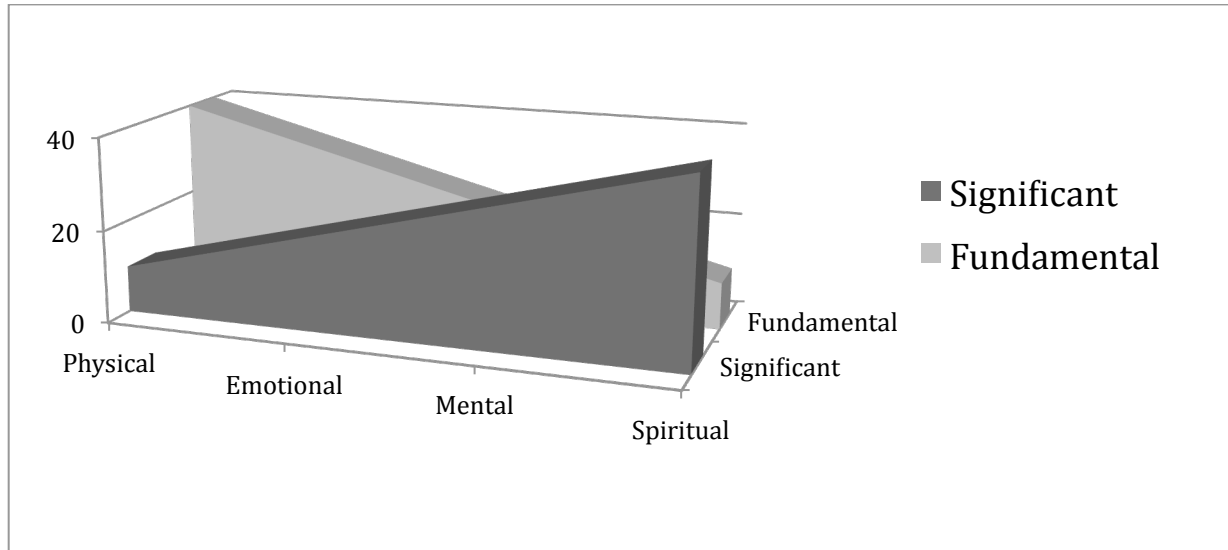


Handout: Aging Well – 100 Is the New 80

With Larry George, MD



HEALTH RECOMMENDATIONS:

PHYSICAL

Diet:
Less red meat
Fruits & vegetables
Avoid Processed
Foods
Exercise:
30-60 min/day

EMOTIONAL

Heal old wounds
Relationships:
Individual
Social
Therapy
Shadow work

MENTAL

Stress Mgmt.
Brain Training
Cognitive Therapy
EFT
Positive Attitude
Journaling

SPIRITUAL

Find Meaning &
Purpose in Life
Develop a Practice:
Meditation
Yoga
Tai Chi
Mindfulness
Prayer
Gratitude

5 Daily Tips for Aging Well:

1. Eat healthy food, prepared mindfully and shared with loved ones.
2. Do exercise that you enjoy, preferably in a social context.
3. Share laughter with others in your life.
4. Journal about your wounds, your joys, your gratefulness.
5. Find meaning and purpose in everything you do.