

SMART WAYS TO LIVE WELL, EAT RIGHT AND STAY FIT

# health



**GOOD BACTERIA**  
TCBY FROZEN YOGURT NOW  
CONTAINS PROBIOTICS,  
BACTERIA THAT CAN BOOST  
IMMUNITY AND AID DIGESTION.

### healthfully ever after

On average, women in the U.S. live five years longer than men. "Men usually smoke and drink more, don't eat as well and fail to see their doctors as often," says Bradley Wilcox, M.D., a clinician-scientist in geriatrics at Pacific Health Research Institute in Honolulu who's been researching longevity. Encourage your husband to embrace healthy habits. He has a 70% chance of living to age 85 if he eats well and exercises—keeping his body mass index (BMI) under 25—consumes fewer than three alcoholic drinks daily, doesn't smoke and sharpens his brain with activities like crossword puzzles or sudoku.

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**COOK AT HOME**  
ONLY 3% OF FAST FOOD  
REGULARS GET FIVE TO NINE  
DAILY SERVINGS OF FRUITS  
AND VEGGIES.

**AN EYE TO EXERCISE**  
REGULAR WORKOUTS MAY  
SIGNIFICANTLY REDUCE YOUR  
ODDS OF DEVELOPING  
DEGENERATIVE EYE DISEASE.

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