

# Download Stay Healthy Live Longer Cholesterol Tips

The FastDiet - Revised & Updated: Lose Weight, Stay Healthy, and Live Longer with the Simple Secret of Intermittent Fasting [Dr Michael Mosley, Mimi Spencer] on Amazon.com. \*FREE\* shipping on qualifying offers. From Dr. Michael Mosley, author of The 8-Week Blood Sugar Diet , and Mimi Spencer comes a revised and updated edition of the #1 New York Times </i>bestseller The FastDiet</i>At age 40, the risk of many health conditions increases. Here are tips for what to watch out for, and how to stay healthy. According to a 2018 study, adopting just five simple habits can help you boost your life expectancy by an impressive 12-14 years. Wondering how to live longer? Researchers found that never smoking, maintaining a healthy weight, engaging in regular physical activity, eating a healthy diet, and limiting alcohol consumption are the keys to living a longer, healthier life. Forgetting things, feeling incapable, grappling with loneliness, and maybe not enjoying daily life? Aging is inevitable, but these symptoms don't have to be. Whether you're noticing them in yourself, or coaching someone who is, here's what you need to know about the importance of lifestyle and nutrition for seniors — plus 7 effective strategies to live not just longer, but better.