

CHECKLIST FOR LIVING LONGER AND HEALTHIER!



ABOUT THIS CHECKLIST!

The task of obtaining accurate and timely information while staying focused can often appear insurmountable.

However, our checklist is designed to address this challenge. Sign up for our blog to receive the latest updates and solutions.

For those who seek a longer and healthier life, consider the following facts:

- Genetics accounts for 20% of the equation.
- Medical technology advancements account for another 20%.
- The remaining 60% is in your control!

Our checklist serves as a reminder of often-overlooked factors that can help you achieve your goal of a longer, healthier, and more prosperous life. Best of luck to you!

Visit my website: www.looking4dreamers.com/blog

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Checklist for Living Longer & Healthier!

Watch What You Eat - Maintain good health by eating nutritious food and eliminating or reducing unhealthy choices. A lack of nutrients in our diet can make it difficult for our bodies to fight diseases and aging.

Eat Whole Grains and Organic Foods - Oatmeal, brown rice, quinoa, barley, and granola are excellent options. According to a study from Harvard University, eating three or more servings per day can decrease the overall death rate.

Exercise Regularly - Sitting for extended periods can be detrimental to your health, and exercise is critical for maintaining a healthy heart, strong bones, and a healthy weight.

Stay Active - Movement is essential for optimum body function, so make an effort to avoid sitting for extended periods. Take regular breaks to stretch and move around, or consider investing in a standing desk.

Stay Hydrated - Drinking enough water is crucial for maintaining good health. Make sure you drink enough throughout the day and avoid sugary drinks.

Practice Moderation - A well-balanced diet includes indulgences in moderation. Don't deprive yourself of the foods you love; instead, practice portion control and limit the frequency of indulgences.

Get Enough Sleep - Getting enough rest is crucial for maintaining good health. Make sure you are getting enough sleep and prioritize healthy sleep habits.

☑ Seek Professional Help - Consult with a nutritionist or dietician for personalized guidance and recommendations to optimize your health.

☑ MONITOR YOURSELF! Only you can accurately assess your own health. If you don't feel well, don't wait until your next check-up to seek medical attention. Shockingly, research shows that 60% of individuals who developed serious health issues had not seen a doctor in the past three months.

☑ STAY OUT OF HOSPITALS IF POSSIBLE! According to a study by John Hopkins University, 250,000 patients die each year due to medical errors, misdiagnosis, poor patient care, and drug errors that occur in hospitals. Tragically, I experienced this firsthand when my wife passed away due to inadequate care.

☑ WALK IN A SAFE PLACE. Nearly 5,000 pedestrians die each year in the United States, with 20% of those fatalities being adults aged 65 and older. If you choose to walk for your health, make sure to do so in a secure location, such as a community health center, park, or mall.



**Excuses
are useless
while results
are priceless.**

THE QUOTE MONSTERS