

One Hundred Ways to Live to be One Hundred

1. Enjoy yourself.
2. Stay young at heart.
3. Be honest and open.
4. Look for rainbows.
5. Walk to work.
6. Take the stairs.
7. Keep your curiosity.
8. Stop smoking.
9. Listen to your body.
10. Watch what you eat.
11. Watch what you say.
12. Make time for your children.
13. Don't rest on your laurels.
14. Drink lots of water.
15. Have faith in others.
16. Walk in the park.
17. Forgive.
18. Be an optimist.
19. Make love.
20. Cross-country ski.
21. Discover romance.
22. Exercise regularly.
23. Do Tai Chi.
24. Try Yoga.
25. Plant a garden.
26. Eat plenty of fruit.
27. Golf.
28. Adopt a pet.
29. Laugh often.
30. Be positive.
31. Give, don't take.
32. Marry your sweetheart.
33. Celebrate your marriage.
34. Enjoy being single.
35. Relax.
36. Eat your greens.
37. Take up lawn bowling.
38. Do nothing in excess.
39. Do everything in excess.
40. Serve chicken noodle soup.
41. Practice what you preach.
42. Look before you leap.
43. Make time for your friends.
44. Reduce your cholesterol.
45. Early to bed, early to rise.
46. Don't mope.
47. Try new things.
48. Skinny dip.
49. Write to a friend.
50. Play tennis.
51. Commune with nature.
52. Sing in the car.
53. Write a poem.
54. Whistle while you work.
55. Read a book.
56. Take your medicine as prescribed.
57. Challenge yourself.
58. Count your blessings.
59. Indulge yourself.
60. "Carpe diem" (Seize the day).
61. Take setbacks in stride.
62. If you want to stop taking a medication, ask your doctor.
63. Cuddle.
64. Use olive oil.
65. Eat your Brussel sprouts.
66. Lighten up.
67. Choose a career you love.
68. Be active in your community.
69. Read the paper every day.
70. Sit up straight.
71. Keep your mind active.
72. Travel.
73. Soak in the tub.
74. Don't be jealous.
75. Eat an apple a day.
76. Be generous with hugs.
77. Make time for your partner.
78. Keep in touch with family.
79. Bake a pie.
80. Eat plenty of fish.
81. Get plenty of fresh air.
82. Be yourself.
83. Swim.
84. Make time for your grandchildren.
85. Control your temper.
86. Share.
87. Take nothing for granted.
88. Ask questions when your doctor gives you new medications.
89. Power walk at the mall.
90. Don't procrastinate.
91. Accept those things which you cannot change.
92. Don't drink and drive.
93. Create solutions, not problems.
94. Be sociable.
95. Feed the birds.
96. Pamper yourself once a day.
97. Go fishing.
98. Smile.
99. Smell the flowers.
100. Listen to your doctor.