

Live longer. Live younger.

The *Fountain of Youth* is an idea that has intrigued—and eluded—generations of mankind. The quest for youth has produced an abundance of “miracle” treatments, pills and creams; anti-aging “secrets” proliferate in the marketplace. Time stands still for no man, but can the effects of time be slowed? Can our senior years be a vibrant, healthy extension of an active life?

It's common knowledge that if we eat right, stay fit and quit smoking we'll feel better, look better and live longer. So why isn't it common practice? Why are intelligent, well-educated Americans mostly overweight and out of shape?

These questions perplexed physician, Dr. Michael Roizen, and led to the development of RealAge†, a system of assigning a value in years to a broad range of health topics. Not relying on his own opinions, Roizen and a team of scientists researched and quantified the data in over 25,000 medical studies. Now his patients **can see in black and white** the consequences of their health and lifestyle choices; and, yes, **in multiple, do-able ways we can indeed fool Father Time.**

It's easier than you think:

Take an aspirin a day—keeps arterial buildup away*	1.9 years younger
Floss—wards off infection; helps keep your immune system young	6.4 years younger
Work puzzles—maintains mental sharpness	2.5 years younger
Laugh—reduces tension that deteriorates health	1.7 - 8 years younger

It's later than you think:

Live financially above your means	8 years older
Ignore strategies for managing stress	2 - 30 years older
Fail to maintain strong family ties and friendships	2 - 30 years older

*Consult your physician first

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Death plays no favorites; it eventually comes to us all. The question is: *how will we live?* No one can go back and make a brand new start. Anyone can start from *now* and make a brand new ending! The fountain of youth is really a river of simple, constructive lifestyle choices made one at a time throughout our lives.

Take a look at www.RealAge.com for a complete personal profile and live “As Young As You Can Be.”

† Dr. Michael F. Roizen, M.D., in his book, *REALAGE Are You as Young as You Can Be?*, (New York: HarperCollins, 1999), covers his ratings in greater detail, including disease, genetic and environmental influences.