

Smart ways to live well

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SMART WAYS TO LIVE WELL

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the longevity zones

These far-flung
locales boast
people with levels
of *energy*,
immunity,
and *happiness*
few of us know.

Meet three
women who will
inspire you

PHOTOGRAPHED BY **BRIAN DOBEN**
BY **SANDRA GORDON**

Their poise exudes well-earned confidence and pride; the sparkle in their eyes hints at a boundless energy. The women on these pages hail from three places where people live the longest—a village in Okinawa, Japan; a fishing region on Prince Edward Island, Canada; and a city in southern California—and they embody a vitality that's as inspiring as it is motivating. Adopt their habits, and you may add years to your life and life to your years, says Thomas T. Perls, MD, a centenarian researcher who tracks people who live to age 100 or more.

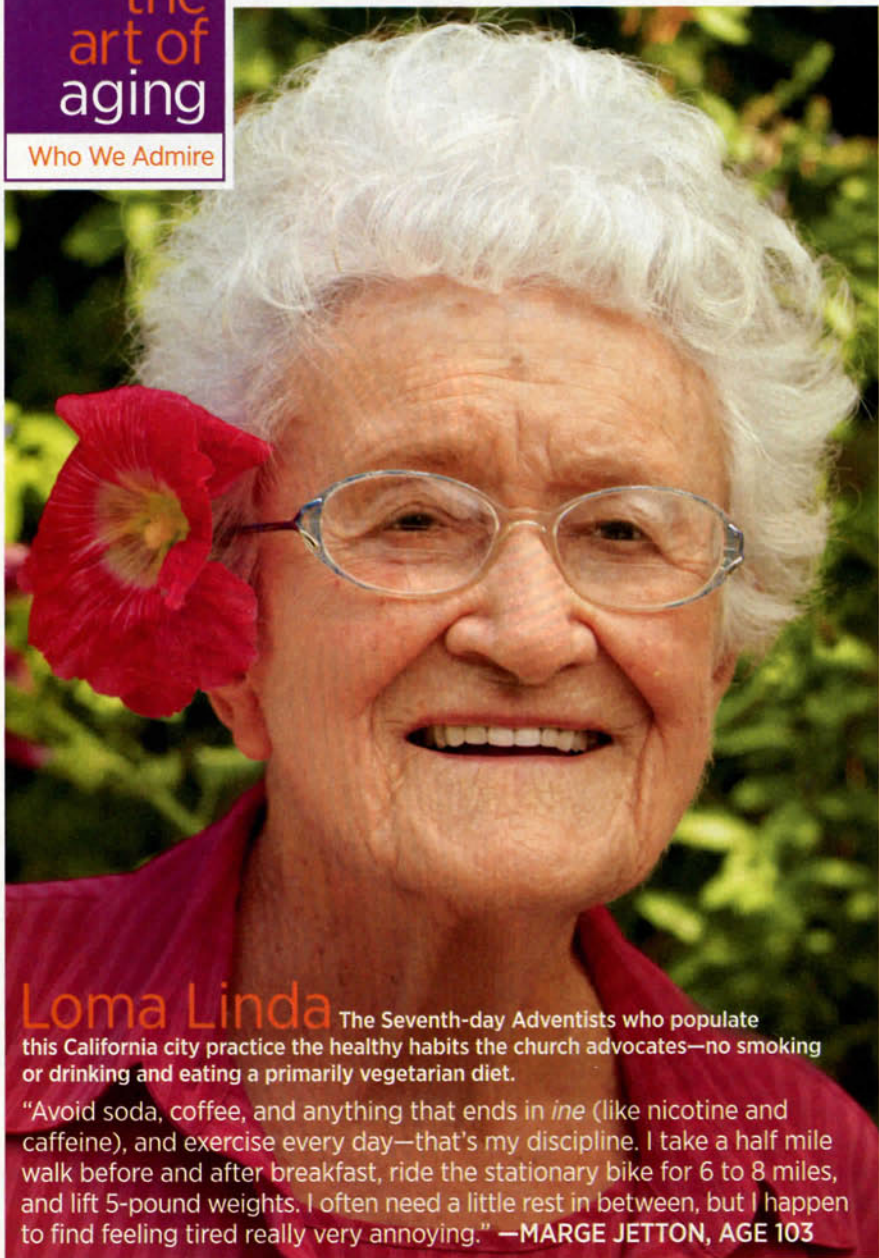
Experts suspect that the close-knit communities where these women live and the sense of purpose that fills their days are what give them the aging advantage. Here, they share a few secrets—ones *you* can live by, no matter your zip code.



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MEET MORE WOMEN FROM
THESE AREAS AT PREVENTION.COM/LONGEVITY.

the art of aging

Who We Admire



Loma Linda

The Seventh-day Adventists who populate this California city practice the healthy habits the church advocates—no smoking or drinking and eating a primarily vegetarian diet.

"Avoid soda, coffee, and anything that ends in *ine* (like nicotine and caffeine), and exercise every day—that's my discipline. I take a half mile walk before and after breakfast, ride the stationary bike for 6 to 8 miles, and lift 5-pound weights. I often need a little rest in between, but I happen to find feeling tired really very annoying." —MARGE JETTON, AGE 103



Okinawa

There is no word for “retirement” on this Japanese island, where fish and antioxidant-rich tea are dietary mainstays and the elderly work as long as they can; it gives them *ikigai*, a sense of purpose.

“My hobbies keep me healthy: I love to sing karaoke and play with my grandchildren; and I especially love to dance. It’s how I exercise. I also make jam, and grow my own vegetables to have with rice at lunch and with different types of fish for dinner. But I only eat until I’m about 80% full—a practice we call *hara hachibu*.”

—KIYO MIYAGI, AGE 85



Prince Edward Island

Centenarians in this

Canadian province number about 1 in 5,000—about twice that as in the United States. Stress levels are low and walking everywhere is an essential part of their day.

"Keeping busy is my secret to a long life: I spend the summer tending my garden; I grow onions, carrots, corn—enough to last me all year. Having fun is important, too: I spend time with my children (I have nine; eight live close by) and I play cards with friends three times a week—sometimes four." —DENISE ARSENAULT, AGE 86