

I have been having a lot of awful fun for years. I still have my day job of playing football despite my vast age. I use social media to beat the drum for revolution in aging.

Am a happy man in serious life, couples of months ago , opened my eyes in the dark and I said to myself “I am going to be sixty years old! I am almost sixty!” I am awake the rest of the night.

I play football with young people in my province. I have spend 90 minutes daily , playing football. am energetic like a 20 years old boys .

I take vegetables and fruits only as my diet. After eating I will take 150cl of water.

In the evening I go to cinema and watch cool movies. while watching the movies I will be drinking fruit juice. am always happy with myself .

I don't smoke because it's carcinogenic. I avoid spending time with smokers , I avoid secondhand smoke because it's also dangerous.

i can run up 50km , as the same of a 20 years old, I run atleast 3 times in a week . am happy with the ways I am . exercise have helped me so much . I have no medical conditions.

am enjoying my life with less existential dread.