Live LongWhat really extends lifespan?

STRENGTH OF SCIENCE

male / female specific Suggestive Good Strong

0	-5 YE	ARS +5	-1O	+15	
* * * *					
	Sleep too much				
	*	Be optimistic		 Women with highest levels of cynical hostility are 16% 	
	Ť	Get promoted	Managers & those with more professional	more likely to die earlier	
	Live in a city		responsibility live longer than those with more		
		Live in the country	'routine' work		
		Eat less food		····· Seen 10-20% lifespan boos	
Manufacture	â	Have a long-lived maternal grandfather		in rats & monkeysnot yet proved in humans	
Men who spend a lot of time with women in their formative years	9	Hang out with women - a lot!			
Includes reliability, … non-impulsivity & being neat & orderly	Ť	Be conscientious			
		Have more orgasms			
		With close friends		····· Loneliness equivalent to smoking 15 cigarettes	
Men with more … then one wife live 12% longer	······ 🛉	Be polygamous, maybe		a day	
		Go to church regularly			
No matter how much	Sit down				
you exercise, sitting too much raises your risk of death		More pets			
	Eat red meat			heart attack, especially in the elderly	
		Avoid cancer		in the elderny	
		Avoid heart disease			
	Be alcoholic				
		Get health checks	When aged 30-49 years		
		Get married!			
		Be rich		····· Poorer people die 5-10	
25 years shorter	Å	Be a woman	on the second se	years earlier than their privileged peers	
life expectancy	Fer severe mental illness	De a Woman			
- Sui					
ACCORDING TO A STATE OF THE STA	Become obese			····· 10 years gained if you quit	
	Keep smoking	Quit		age 25; 5 years gained if you quit between 45-59	
Japanese-style diets		Eat healthy			
		Live healthily	· · · · · · · · · · · · · · · · · · ·	····· Obviously, combine diet & exercise	
long-lived, you		Have a long-lived sibling			
probably will be too		Exercise more	150+ mins brisk walking per week		
		Live at a high altitude	,	~	
				N	
	ULTIMATE RECIPE	Married happy-go-lucky outdoors-loving sex-ma	ad hippy party-girl in senior	management with a cat	
		1 ARS +5	+TO	+15	