

4 Tricks for Living Longer

You already avoid the club sandwich and choose a salad instead to stay healthy, but are you also avoiding a glass of wine? Eating healthy doesn't mean you have to make life difficult: The truth is that one glass of wine per day cuts your odds of dying by 20 percent. There are other ways of reducing your risk of premature death, too, according to the latest findings from the Nurses' Health Study involving nearly 80,000 participants. Besides eating well, you need to stay in a healthy weight range, exercise, and quit smoking. Is it worth it? You bet: You can cut your odds of premature death by more than half.

- 1. Eat right**
- 2. Stay thin**
- 3. Exercise**
- 4. Don't smoke**

Reference: Health magazine Jan/Feb 2009