

Download Healthy Habits How To Live 100 Plus Years And Avoid Dying Before Your Time

The number of Americans living past 100 is on the rise. Do they know something the rest of us don't? Maybe. These 100 easy habits could help you hit the century mark, too. Dietary Habits And Behaviors. Diet is often the most hated part of being healthy. Most people look at a diet as a temporary thing. After three months on some "diet", you can return to the way you used to eat. We asked medical experts for the most impactful things you can do right now to live longer—and stay healthy enough to really enjoy your golden years. Yahoo Lifestyle is your source for style, beauty, and wellness, including health, inspiring stories, and the latest fashion trends.