

C H A P T E R

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Introduction

We cannot become what we need to be
by remaining what we are.

—Max De Pree

IN THE PAST FEW DECADES, the amount of scientific information available on the importance of regular physical activity and good nutrition has grown dramatically. This information has helped researchers better understand how a healthy diet and regular exercise affect disease processes and what benefits are available to those who have a healthy lifestyle. Each day new research findings are reported in scientific journals, conferences, and press releases. As new information is produced, it is added to what is already known, and the entire collection of findings is reevaluated and critiqued in an effort to determine the best ways to live our lives. Unfortunately, there is a huge gap between what is known scientifically about eating healthy and exercising and what most citizens of the United States and other Westernized countries actually do.

For example, we now know that approximately 40% of all cancers are caused by the typical American diet, lack of physical activity, and obesity, and that cancer is mostly a preventable disease.¹ Research has shown that if individuals eat five servings of fruits and vegetables per day, the chance of getting several cancers can be dramatically reduced.² Despite this

information, only 20% of Americans consume five servings of fruits and vegetables a day.³ Also, most Americans fail to get enough physical activity to receive any health benefits.⁴ In order to extend life, improve the quality of life, and avoid the onset of chronic diseases, the gap between what is currently known and what Americans actually do needs to be reduced.

What We Know

We all suffer from the normal short-term bumps, bruises, and illnesses of life, but when asked to name illnesses or conditions that last for many years, are persistent, and eventually lead to death, most people list cancer, heart disease, stroke, arthritis, Alzheimer's disease, and diabetes. These diseases are called *chronic diseases* and are responsible for seven out of every ten deaths in the United States. Chronic diseases are among the most common and costly health problems to treat, but they are also among the most preventable.

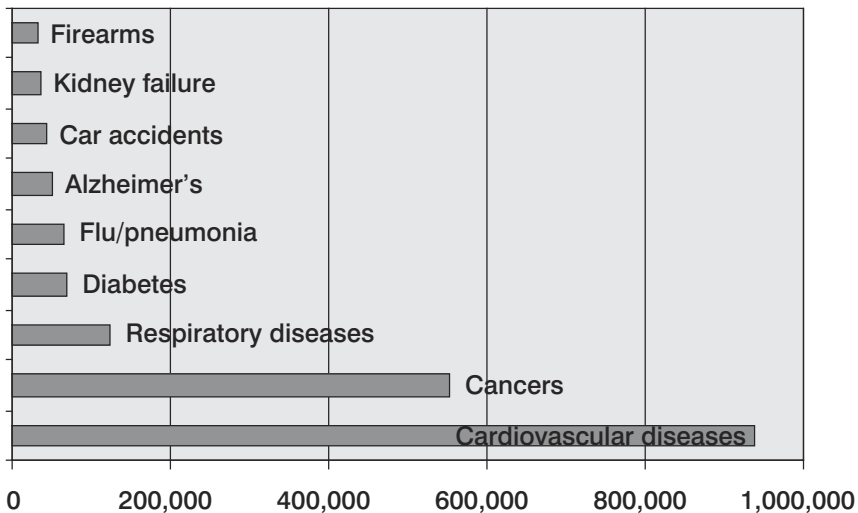


Figure 1.1 Leading causes of death in the United States, 2002

Chronic diseases don't just happen; they are almost entirely the result of decades of unhealthy living. This means children, teenagers, young adults, and seniors who eat a typical American diet and don't exercise regularly are developing chronic diseases such as diabetes and heart disease and are increasing their risk of getting cancer. It is scary to think that children might be developing heart disease, but that is precisely what is happening (more on this later).

If a person has a healthy diet, does not smoke, and exercises regularly, the odds of that person getting one of these diseases are much lower. While a healthy lifestyle isn't a guarantee that you won't become chronically ill, it does tilt the odds heavily in your favor.

Figure 1.2 shows results from a variety of studies that have evaluated the relationships between healthy lifestyle and several chronic diseases. The bars indicate the percentage of all cases of the diseases listed that could be prevented. Let's put this into perspective. Each year in the United States, over 700,000 people die of heart disease. According to the research reported in this figure, 82% of these deaths—560,000 deaths per year—are caused by lack of exercise, poor diet, and tobacco use. If we apply the same calculations to other chronic diseases, over 1.6 million deaths in the United States could potentially be avoided every year.

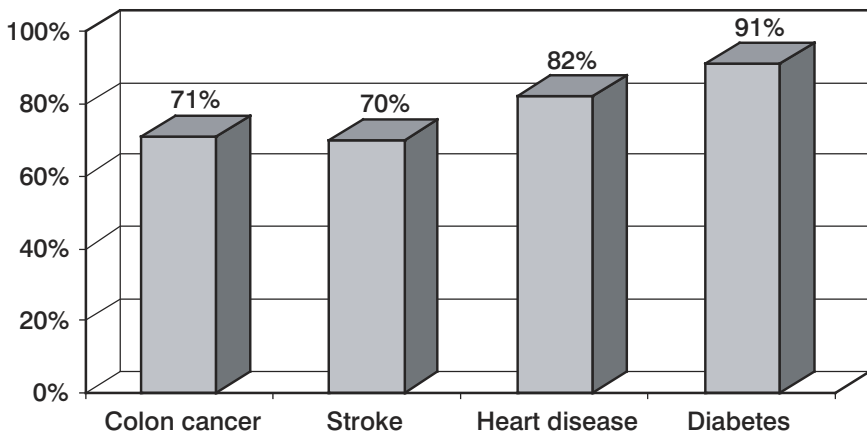


Figure 1.2 Percent of selected chronic diseases that are avoidable⁶⁻⁷

Some might say that if you prevent chronic diseases, you prevent death, and if you prevent death, you live forever. Well, no one is claiming to have a surefire way to avoid the Grim Reaper, and preventing chronic diseases does not mean preventing death. But preventing chronic disease does mean you can determine, in large measure, how and when you will die. In fact, more than likely, you have already done this: Have you ever taken an antibiotic? Have you ever been in a car accident while wearing a seatbelt? Have you ever been vaccinated or had surgery? If you have, you have most likely delayed the time of your death.

The exact impact of healthy living on life span is not known, but several studies have provided some fairly accurate estimates. For example, let's assume that you decide to eat nuts five times a week. Would that affect how long you live? A review of all studies on this topic show that, on average, you would gain almost three years of life compared to those who rarely eat nuts. Similar studies have been completed on other risks:^{8,9}

People who	Live an extra
Are vegetarian	1.5 years
Exercise regularly	2.4 years
Eat nuts five times a week	2.5 years
Have normal blood pressure	3.7 years
Are not diabetic	6.6 years
Maintain normal weight	11 years

The differences in life span shown here are independent of each other, meaning that if you changed just one part of your life, like exercise, there is an increase in the life span associated with that one change. What happens if you change several aspects of your lifestyle? Let's assume someone exercises regularly (2.4 years), eats plenty of nuts (2.5 years), and has normal blood pressure (3.7 years). What could happen to his or her life span? One could roughly estimate that the total years saved by these health factors equals 8.6 years ($2.4 + 2.5 + 3.7 = 8.6$ years).

Now, these calculations are not exact and cannot be used to determine additional years of life for any one individual. But for a large group of people who adopt these behaviors, the average increase in life span would be around 8.6 years. And while these additional years don't tell us how many years life will be extended, they do tell us that if we were to compare the life spans of a group of people who maintained this lifestyle with a group who did not, the difference between their life spans would be around 8.6 years.

There are several populations located in the United States that demonstrate that a healthy lifestyle does directly impact life span. Seventh-Day Adventists are encouraged to be vegetarians, and many members of this faith-based community abstain completely from consuming meat. Longitudinal studies of these vegetarians revealed that men in this group

lived 7.3 years longer than the national average and the women lived 4.4 years longer. Those who also exercised, avoided tobacco use, and maintained a healthy body weight lived 10 years longer than average.⁸

Mormons in the state of California who exercised regularly, did not smoke, and got adequate sleep had death rates due to cancer and cardiovascular disease that were 70–80% lower than the rest of the nation. Males in this population lived an average of 11 years longer than comparable U.S. males, and females lived 7 years longer. By avoiding tobacco use, exercising regularly, and getting enough sleep, these Mormons demonstrated some of the lowest death rates ever published.¹⁰ There is no doubt that if they had a healthy diet and maintained a healthy weight, the extensions of life they experienced could have been even greater, but at this time, there is no good data to predict how long life could really be.

What about Genetics?

Some chronic diseases are not lifestyle related. These are generally caused by an inherited genetic mutation or a toxic environment. Genes certainly play a role in the disease process, but that role is much smaller than you might believe.¹¹ Within some families, a gene that causes cancer or heart disease at an early age may be passed from generation to generation. These particularly aggressive genes can affect many members of a single family line and, though they almost always cause disease, they are rare—less than 5% of all cases of cancer and cardiovascular disease fall into this category. Other genes, which are not quite as aggressive, can also cause these diseases, but just carrying the gene doesn't mean you will develop the disease.

These weaker genes, called *polymorphisms*, can cause health problems only if they have the right environment. If you were a polymorphism and you wanted to develop into a disease, you would want to live in someone who ate a typical American diet, didn't exercise much, and smoked because this type of lifestyle would create an environment within the body that encourages unhealthy genes. On the other hand, when these less aggressive genes are surrounded by a diet of fruits, vegetables, and whole grains, they have difficulty reproducing successfully and cannot cause life-threatening conditions. Therefore, just because you inherit a gene that is known to cause problems doesn't mean you are destined to have those problems. Most genes can express themselves only if they have the right environment.

Living Well to the Very End

There are more benefits from living healthy than simply preventing chronic diseases and postponing death. The type of life you live is just as important as how long you live. Many researchers study factors that contribute to the value and meaning of life as well as people's happiness and contentment. These factors refer to a person's quality of life. Besides avoiding chronic diseases, people who have a healthy lifestyle often report having more energy, feeling more productive, having less stress, and being able to cope better with the demands and trials of everyday life. Additionally, they are able to maintain a healthy body weight and to enjoy all the social, physical, and psychological benefits that come from not being overweight or obese. One of the most important benefits of living well is the improvement of quality of life that occurs in later years.

Every year the average life span in the United States increases; Americans now live to an average age of 76 years. Those who adopt a healthy lifestyle live much longer than this. But what kind of quality of life do these extra years provide? No one wants a long life that is full of chronic illness, disability, or years of intensive, full-time nursing care.

At some point in the later years of life, most people experience a significant medical event. This could be a broken hip, a stroke, bypass surgery, or cancer. From that point until death, quality of life and the ability to function physically are dramatically reduced.¹² The amount of illness and limitations that often occur between these kinds of medical events and death are called "end-of-life poor health."¹³ This unhealthy portion of life precedes death for many people, but research into the impact of living a healthy lifestyle on end-of-life morbidity tells us that there are even more benefits to healthy living.¹⁴

Individuals who eat right and exercise throughout their lives live longer. They still experience significant medical events toward the end of their lives, but, on average, the events are delayed between 7 and 13 years, and the time between the significant medical event and death is shortened.¹⁵⁻¹⁶

The term used to explain this is *compression of morbidity*. End-of-life poor health and dysfunction are reduced or compressed into a shorter amount of time. Major illness and significant physical and functional limitations still occur, but they don't seem to span as long a period of time, and they occur closer to the time of death. I like to joke that by living a healthy lifestyle, I plan to die at the age of 94 while skiing with my great-grandkids. I will probably hit a tree, suffer a significant medical event (fractured skull), slip into a coma (significant physical and functional

limitation), and die that day. Now that's high-quality living and real compression of morbidity!

Realistically, those with a healthy lifestyle will live longer, suffer a serious medical event much later in life, and have a shorter period of time between the event and death. It's as if living a healthy lifestyle allows you to live a full, rich life well into old age, at which time you become ill, experience a rapid decline in health, and pass away. That sounds pretty appealing.

Extension and improvement of life is possible because of the avoidance of chronic diseases. By providing the body with the correct diet and exposing it regularly to the physiological and physical effects that come from regular exercise, the processes that lead to the onset of chronic diseases stop. This disease prevention occurs at the cellular level within the body.

In order to attain the most benefits from physical activity, all individuals should accumulate 30 minutes or more of moderate-intensity physical activity on most, preferably all, days of the week.

Even if you have not eaten well or exercised regularly in the past and chronic diseases processes have begun, you can still stop the progression—this suggests that it is never too late to change your lifestyle. Ideally these diseases should be prevented, but even if you have certain chronic diseases, a healthy lifestyle may be able to reverse the disease process and repair damaged tissues.^{17–20}

Besides all of the medication and treatment options that are available, many physicians are realizing that a healthy lifestyle is important to prevent, arrest, and even reverse many chronic diseases. Some research has shown that a healthy diet and an active lifestyle can have a greater treatment effect than most of the common medications that doctors routinely prescribe.^{21–23}

How to Live

So how can you be sure that what you are about to read is not another pitch from just another health expert who thinks he knows what is best for you and your health? I am only a messenger. Though I have published many of my own scientific papers showing the benefits of a healthy lifestyle, the information presented here is an up-to-date summary of the best

information that is currently available. This information comes from the best scientists and researchers worldwide who have devoted their lives to understanding how to achieve good health. If you reject this information, you reject the advice from the brightest and wisest minds in the world.

Every day new research on diet and exercise is reported at scientific meetings or published in scientific journals. Sometimes this new information fits nicely with previously discovered concepts, but, unfortunately, research sometimes produces results that force us to think in ways that may not completely match what was previously thought. This is why recommendations for physical activity and good nutrition are updated and refined constantly.

The following recommendations for physical activity and nutrition are simple to understand and follow. This book is designed to help you understand why the current recommendations are accurate and vital to good health. Be warned that in the years to come, more information will be gathered that will force even these recommendations to be adjusted, but I wouldn't expect any drastic changes.

Hundreds of scientists and health professionals studied thousands of scientific results and concluded that in order to attain the most benefits from physical activity, *all individuals should accumulate 30 minutes or more of moderate-intensity physical activity on most, preferably all, days of the week.* This is it—decades of research, hundreds of millions of research dollars, all condensed into one simple statement.²⁴

This statement does not reveal how a sedentary lifestyle can lead to premature death and disease, nor does it describe what happens to your body when you do exercise. This information is found in subsequent chapters. This physical activity recommendation seems simple, but few people follow it because in today's society it is difficult to stay physically active. That's why several chapters of this book are devoted to helping you adopt a physically active lifestyle and maintain regular activity for the rest of your life.

What should you eat to enjoy good health benefits? Thousands of research studies are summarized in the Healthy Eating Pyramid on the next page.²⁵ This pyramid is different from the Food Guide Pyramid you already know because it is based on the most current and complete scientific literature. It is not influenced by any dairy, meat, produce, or any other group with a vested interest in seeing a particular food displayed more prominently on the pyramid; it is based entirely on science.

You'll notice that this Healthy Eating Pyramid starts with a foundation of physical activity and healthy body weight. These are placed at the bottom because they are of critical importance to good health. Perhaps the most

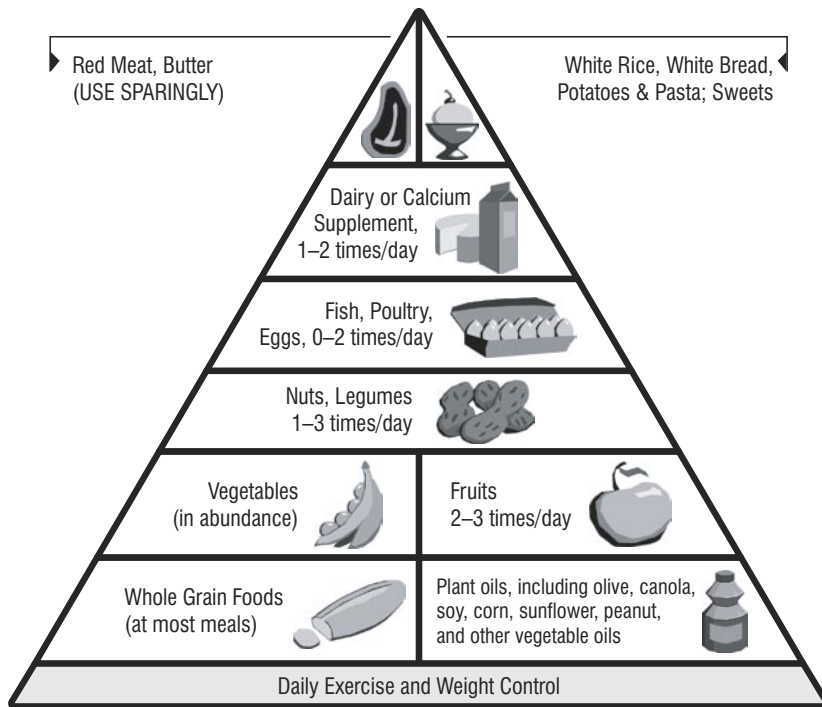


Figure 1.3 Healthy Eating Pyramid. Adapted from www.hsph.harvard.edu/nutritionsource

notable impression this pyramid gives is that the healthiest foods are generally foods in their natural form—without heavy processing or alteration.

I’m keenly aware that some of you are looking at this recommendation and are rapidly entering a state of shock. Your current diet may look nothing like this, and you have no desire to change it. I sympathize with you and appeal to your sense of fairness. If after reading the rest of the evidence presented in this book, you still have no desire to make even small changes in your diet, I respect your traditions and opinions and thank you for your attention.

Some see this pyramid and think, “I’m doing pretty good. Look at all the foods on that pyramid I already eat!” You will find the evidence that supports this type of diet is so compelling that it motivates you to do even better, and the better you do, the more benefits you will receive. This book contains tips and strategies you can use to help you make positive changes in your diet and physical activity that will improve your health.

How Are We Doing Now?

Throughout this book, the most current information regarding healthy lifestyles and chronic diseases is provided. But to understand the importance of this information, it is good to know what our country's current lifestyles are. Each year the federal government conducts national health surveys to assess the health status of the nation. The information from these surveys helps us see trends and identify areas where the public needs to be informed and educated about important health concerns. The organization responsible for these studies is the Centers for Disease Control, now called the Centers for Disease Control *and Prevention*, a name change that provides a hint as to how our national focus is changing.

Other resources

The Centers for Disease Control and Prevention have written an outstanding brochure on the power of prevention. When you are done reading this book and want to learn more about the power of prevention, I suggest you read the brochure. To get an online copy, go to:

http://www.cdc.gov/nccdphp/power_prevention/pdf/power_of_prevention.pdf

Let me throw out a few tidbits about common health risks, and you draw your own conclusions about our current health status in the United States:⁴

- 1 out of 4 adults smokes
- 1 out of 3 adults has high blood pressure
- 1 out of 3 adults has high blood cholesterol
- 2 out of 3 adults are overweight or obese
- 3 out of 4 adults fail to get enough exercise
- 4 out of 5 adults need to significantly improve their diets

Over the past 40 years, fewer people have taken up smoking, but levels of blood pressure, blood cholesterol, and exercise participation have remained relatively unchanged. Over that same period, the number of overweight American children has quadrupled—more than 15% of all grade-school children are overweight today; as people age, the problem gets much worse.³ In 2002, 60% of all adults in the United States were overweight or obese.²⁶

Having health risks is not the same as having chronic diseases, but these health risks are directly related to chronic disease processes, and chronic diseases lead to death. Heart disease, stroke, cancer, and diabetes are four of the top six causes of death and account for 64% of all deaths. Americans and citizens of Westernized nations who smoke, eat an American-like diet, and avoid physical activity are more likely to suffer and die from these primarily avoidable chronic diseases.

How Did We Get This Way?

Before the 1900s, the average American spent most of the hours in a day preparing meals and gathering, growing, harvesting, and preserving food. Animals and humans provided the labor required for daily subsistence. Physical labor was the norm, and the primary mode of transportation was walking. It was common for someone to walk for miles to communicate, transact business, or purchase supplies. The foods consumed were very close to their natural form because processing was unavailable or expensive. For example, flour used in most bread was whole wheat, not the bleached white flour so widely used today. Fruits, vegetables, grains, and cereals were the sources of most carbohydrates and fats consumed, and meat was eaten sparingly.²⁷⁻²⁸

There has been a drastic change in dietary and physical activity patterns in the past 100 years. Cars and public transportation have replaced walking as the dominant modes of travel. Physical labor is still the norm for some construction workers, farm laborers, and manufacturers, but many Americans, both young and old, spend much of the day sitting in chairs at work, school, or play. According to the 2000 U.S. census, half of all homes have computers and Internet access (and chairs to go with those computers). In addition to computer and video-game time, 26% of U.S. children watch four or more hours of television per day, and 67% watch at least two hours per day.²⁹

Washing machines, garage door openers, golf carts, television remotes, microwave ovens, bread mixers, dishwashers, and escalators help us avoid activity. We work diligently to avoid this physical activity, and inventors have done a fabulous job of developing laborsaving devices that make our lives easier and leave us more leisure time. Chances are you drive around the parking lot of a store or office until you find the parking stall that is closest to the door you wish to enter. Generally speaking we work hard to avoid exertion. Machines, advances in technology, and societal changes have altered our lives to such an extent that the causes of death so common a

century ago have been almost entirely replaced by diseases of affluence—chronic diseases associated with an unlimited supply of inexpensive food and little need for physical activity.

Some of the most evident changes in our society are in the types and amounts of foods we eat. We now enjoy a tremendous variety of food and are confident that most foods are safe and protected from toxins and bacteria. Virtually any food can be acquired at any time of the year. Compared to 100 years ago, today's diet consists of less fiber, fewer fruits and vegetables, and more meat, sugars, fats, and vitamins.³⁰⁻³¹

Foods in their natural forms, such as fruits, vegetables, and whole grains, are still available, but the pressure to purchase processed, rich-tasting convenience foods is intense. In our free-market society, those who can produce, market, and sell foods that people want can influence public nutrition for better or worse. These marketing campaigns are extremely well funded, carefully targeted, and highly effective.

To see if any of these marketing campaigns have affected you, take the following quiz. Read the following corporate slogans and see if you can finish them by filling in the missing word or words. The answers are found in the box below.

1. You deserve a break today at _____.
2. Have it your way at _____.
3. Yo Quiero _____.
4. Everything's better with _____ on it.
5. _____ does a body good.
6. Finger lickin' _____.
7. Betcha can't eat just _____.
8. Breakfast of _____.
9. _____ melt in your mouth and not in your hand.
10. Snap! Crackle! _____
11. Sometimes you feel like a nut, _____.

ANSWERS: 1. McDonalds, 2. Burger King, 3. Taco Bell, 4. Blue Bonnet, 5. Milk, 6. good (KFC), 7. one (Lay's potato chips), 8. champions (Wheaties), 9. M&Ms, 10. Pop! (Kellogg's Rice Krispies), 11. sometimes you don't (Peter Paul Mounds)

Isn't it amazing how we remember slogans for food products we may not even like? The effective marketing of food permeates nearly every aspect of our lives. We see food promoted everywhere—strategically stacked at checkout stands, beautifully depicted in newspaper ads, cleverly incorporated into television shows, and marketed in radio ads. Pervasive morning television commercials specifically target children by advertising foods high in sugar and low in nutritional value.

A daily news and current events program called Channel One is viewed by 8.3 million school children every day. Schools pay nothing for the television or for installation or programming, but children must watch the program and the fast food commercials that support it. Virtually every school district receives lucrative contracts with food vendors if they agree to house vending machines. Visit any junior high or high school, and you see rows of vending machines promoting all sorts of yummy candies, soda, and high-fat foods children love to eat. Who can resist?

Adults are targets of primetime television commercials displaying fabulous buffets, endless refills, juicy meats, and serving sizes easily sufficient for two (or more). Regardless of where you live in America, you are likely in an environment that encourages unhealthy eating and sedentary living from the cradle to the grave. In the past century, we have changed from a nation that used to “eat to live” to one that “lives to eat”; an unpleasant side effect of this change is the premature death of most Americans.

Some would say that as long as no one is being forced to consume unhealthy foods and individuals are free to choose, then the individual and not the producers of food should be blamed for the resulting obesity and chronic disease problems. However, our communities and environments are so inundated with food advertising and marketing that it is extremely difficult to eat healthy when healthy choices are not available and you are under tremendous marketing pressure to do just the opposite. When was the last time you saw a primetime television commercial promoting fresh fruits, vegetables, or whole grains?

Change Is Possible, But It Isn't Easy

If the benefits of a healthy lifestyle are so great, why don't more people eat right and exercise regularly? Eating and exercising are basic human behaviors. A behavior is nothing more than a human response to some stimulus. When we feel hungry, we eat. Eating is the response or behavior that results from the hunger stimulus. Since everyone has to eat, the real decision is in choosing what to eat. Local culture, money, taste, time, and

availability of food all help us determine what to eat, and changing this decision-making process is difficult.

Some people don't change because they may not have had the opportunity to learn what a healthy diet consists of, how much exercise is enough, and how these two lifestyle choices are directly related to the causes of death, disease, and poor quality of life. Even if people know why they should live a healthy lifestyle, lack of motivation, time, social support, and the presence of environmental pressure to eat unhealthy foods and to be sedentary often overwhelm their ability to change.

Eating and exercising behaviors are not unlike our financial behaviors. Most working adults are under pressure to use all their current income for things that are important to them. Of all working adults, only 44% voluntarily participate in any form of retirement savings because other, more pressing needs require funds that might otherwise be saved.³²

As working adults get closer to retirement age, the number of individuals who actively save for retirement increases dramatically. Retirement, like many chronic diseases, doesn't happen until later in life, but it must be planned for early in life if individuals want to adequately prepare for the future. For many people, changing the types of food they eat is difficult, getting regular exercise is even more difficult, and maintaining a healthy weight is a losing battle.

When confronted with the most current information on diet, exercise, and disease, most people will at least begin to think about their own lives and how they might start to live better, and thinking about making change is the first step. To get the benefits of a healthy lifestyle, new behaviors need to be adopted. To help you overcome the difficulty of changing behaviors, the last part of this book gives you the skills, ideas, and practical know-how to adopt healthy lifestyles and maintain them for life.

Often I am asked, "How long do I have to exercise and eat right?" This is a great question, which I usually answer with another question: "How long do you want the benefits?" The benefits come relatively quickly and last for as long as the healthy foods are eaten and physical activity is enjoyed.

One man who was attempting to adopt a healthy lifestyle concluded that it wasn't worth it because, if he followed this advice for 50 years, the time he spent exercising would add up to one year—about the amount of time his life would be extended. He figured it wouldn't be worth it because he would have to spend a year exercising to gain one year of extra life. He decided he'd rather be sedentary and die a year earlier.

This interesting analytical justification for not exercising is only partially accurate. Sure, a 20-year-old who exercises regularly will spend

about one year in physical activity by the age of 70, but this does not result in the simple addition of one year of life with an accumulated year of exercise. The benefits of regular physical activity are much greater.

Individuals who are physically active have an average life span closer to three years longer than individuals who are sedentary. In addition, the quality of life enjoyed by active individuals is considerably better. It is difficult to imagine how spending time hiking, golfing, walking with friends, or working in the yard could be all that bad.

**This book gives you the skills, ideas,
and practical know-how to adopt healthy lifestyles
and maintain them for life.**

After hearing a lecture on the importance of living a healthy lifestyle, two participants came by my office. The first, a 20-year-old male college student, came in to complain that he was not interested in changing his diet or getting exercise because he felt great. He could eat whatever he wanted, live however he wanted, and he generally felt great all the time. He even gladly reported that his blood pressure was perfect, his cholesterol was low, and he didn't smoke.

Right then he didn't have any major health problems and most likely wouldn't for another 30 years. He was not convinced that he should do anything differently, especially if what he was currently doing was working fine. He finished by saying, "If it ain't broke, don't fix it," and even if I do have problems, I'll just have the doctor fix me up."

The second individual was a 58-year-old female who had raised a family and now lived at home with her husband. Like most people over age 50, she was by definition obese, had high blood pressure and high blood cholesterol, and was recently told by her physician that she had diabetes and would likely be diabetic for the rest of her life. When she heard her doctor's diagnosis, she was shocked.

Something must have happened in the past 30 years because when she was 20, she could eat anything, exercise if she wanted, and was always thin and healthy. After hearing both of these stories, I introduced the young man to the woman and let them visit for a few minutes. The need to adopt a healthy lifestyle is important for all ages.

You can do this; others already have. The long life spans of Mormons and Seventh-Day Adventists show that it is possible. Studies of diabetics,

cardiac patients, cancer patients, obese people, children, college students, adults, and even seniors have shown that regular exercise and a healthy diet can be achieved at any age and in any health condition. More importantly, these new behaviors can be maintained for years.

In the 1900s the advent of antibiotics dramatically changed public health and death as it was then known. Infectious diseases, which used to be responsible for almost 30% of all deaths at that time, are now responsible for just 2% of deaths.³³ This dramatic improvement in public health can be repeated. The adoption of a healthy lifestyle can have a greater national impact on chronic disease and death than any other single factor known in all of medicine. If Americans will adopt healthy lifestyles, there will be a public health revolution.

POINTS TO REMEMBER

- An unhealthy lifestyle is the main cause of most cases of chronic diseases.
- A healthy lifestyle will most likely extend the length of your life.
- A healthy lifestyle can reduce the degree of poor health most people have at the end of life. It can help you live a high-quality, active life to the very end.
- It isn't easy, but you can change your lifestyle; others already have.