

After much research and investigation, this is

How to Live to be 100

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- #1 - **Movement, constant movement.**
Move constantly. Do not sit/lay anywhere for very long. Get up and move. Also exercise at least 30 minutes daily, every day. Swim, walk, lift weights, bicycle, etc.
- #2 - **Eat healthy. Eat only 80% of being full.**
Eat less. **Do not eat processed foods.** Do not eat foods with sugar. No Sugar. Stay away from salt. Eat lean protein, fatty fish, (salmon), and chicken. Eat nuts, berries, eggs, fruits & vegetables. Eat red meat only every once in a while. Fast occasionally.
- #3 - **Have a Loving Life partner. Cherish and be good to them and your family.**
Prioritize them for they are what is most important on God's earth.
- #4 - **Be and stay Social.**
Stay engaged. Belong to and participate in social groups and gatherings.
- #5 - **Have strong, close, trustworthy, reliable, dependable, positive friends.**
Have deep and meaningful relationships.
- #6 - **As much as possible, maintain low stress most of the time.**
Laugh, be nice, make time for, and have hobbies. Do the things you love.
- #7 - **Don't smoke.**
- #8 - **Avoid Opioids.**
- #9 - **Prioritize sleep.**
Sleep 7 – 8 hours of peaceful, restful sleep, every day, no less, no more.
- #10 - **Have purpose. Think positive.**
Have a life that's meaningful to you. Always know and articulate your sense of purpose.
- #11 - **Drink only One alcoholic drink per day,**
(hopefully with family, friends and food). Otherwise, stay away from alcohol.
- #12 - **Drink plenty of water.**
Drink about eight 16-ounce glasses of water every day.
- #13 - **Surround yourself only with positive people.**
Disassociate, and stay away from negative people.
- #14 - **Stay Resilient. Come back quickly from setbacks.**
- #15 - **Keep learning. Learn something valuable every day.**
- #16 - **Have balance in your life.**
Prioritize work time, social time, and me time.
- #17 - **Never retire. Never stop working.** Never stop moving, (see #1).
Always be working at something you love.
- #18 - **Prioritize your health.**
Do whatever you need to do to **stay healthy in mind, body and spirit.**
- #19 - **Keep up with, and be knowledgeable about current events.**
- #20 - **Maintain excellent superior hygiene.**
Look well, dress well, and feel well.
- #21 - **Take a stand. Do not compromise You.**
Stay true to yourself and your beliefs. Feel in control and feel worthwhile. Say no whenever appropriate.
- #22 - **Have lots of safe, healthy sex.**
- #23 - **Be a giver not a taker.**
Give freely without any expectation of getting anything back. But give intelligently. Do not cast your pearls before swine.
- #24 - **Be rich and be successful.**
- #25 - **Love yourself, but be humble.**
- #26 - **Contribute to the world.**