



LIVE LONG,  
STAY STRONG

# Jeanne Calment's photos



Calment at age 20 in 1895



Calment at age 40 in 1915



Calment at age 120



# Antonio Todde



# Gin Kanie and Kin Narita



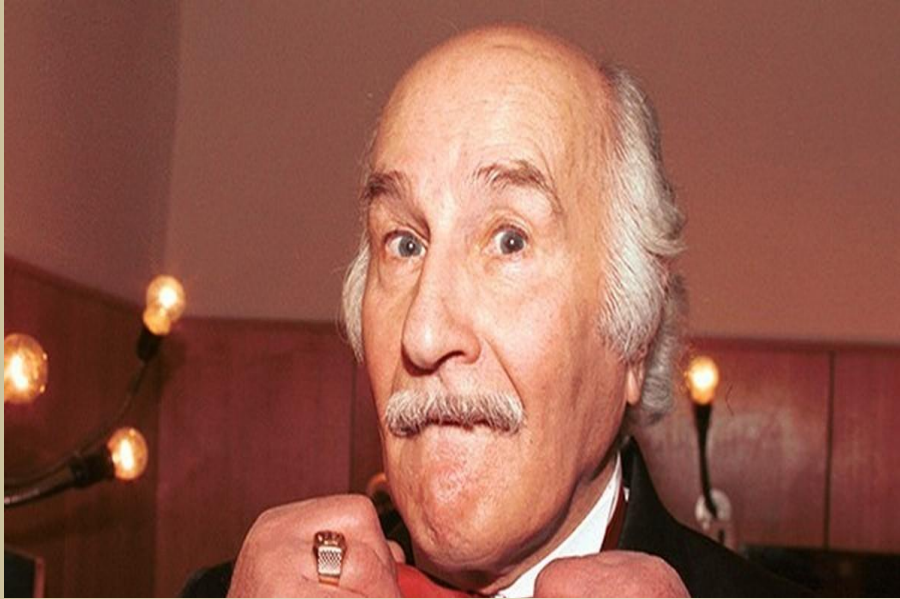
# The secrets of long life

- Very active life
- Not worry about anything
- Never bored
- Outgoing and cheerful personality
- Optimistic attitude
- Fit and healthy
- Stress-free lifestyle
- Diet

# Vladimir Zeldin

Vladimir Mikhailovich Zeldin is a Russian theatre and cinema actor and a centenarian. Zeldin was born in 1915. He is the oldest actor in the world, who pursues his career. He turned 101 in 2016.






## Secrets of long life from Zeldin:

- Eat healthy food and only small portions, but not less than 4 times per day
- Do the things that you like to do
- Don't criticize other people, don't jealous
- Enjoy your life
- Communicate with the different people



## Proverbs

HEALTH IS  
BETTER THAN  
WEALTH



**A SOUND MIND  
IN A SOUND  
BODY**



AN APPLE A  
DAY KEEPS A  
DOCTOR AWAY

EARLY TO BED AND  
EARLY TO RISE –  
MAKES A MAN  
HEALTHY, WEALTHY  
AND WISE



**A MERRY  
HEART IS  
A GOOD  
MEDICINE**



YOU ARE  
WHAT YOU  
EAT

1. Eat fruits and vegetables.
2. Drink clear water most of the time.
3. Go in for sports.
4. Be active.
5. Sleep enough.

