



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

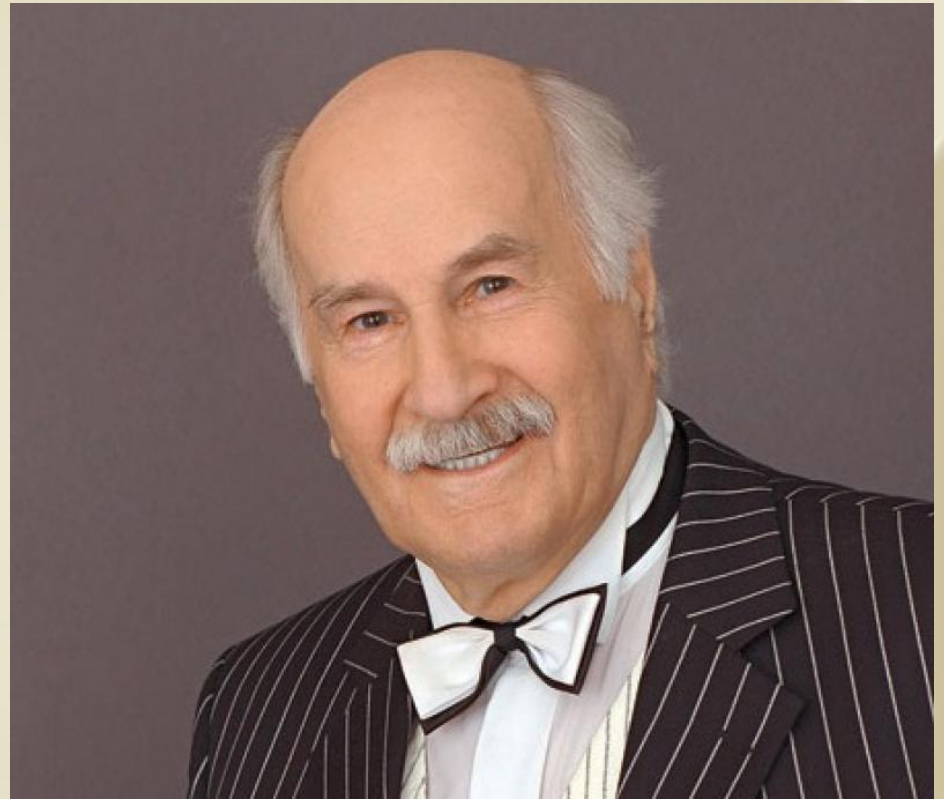


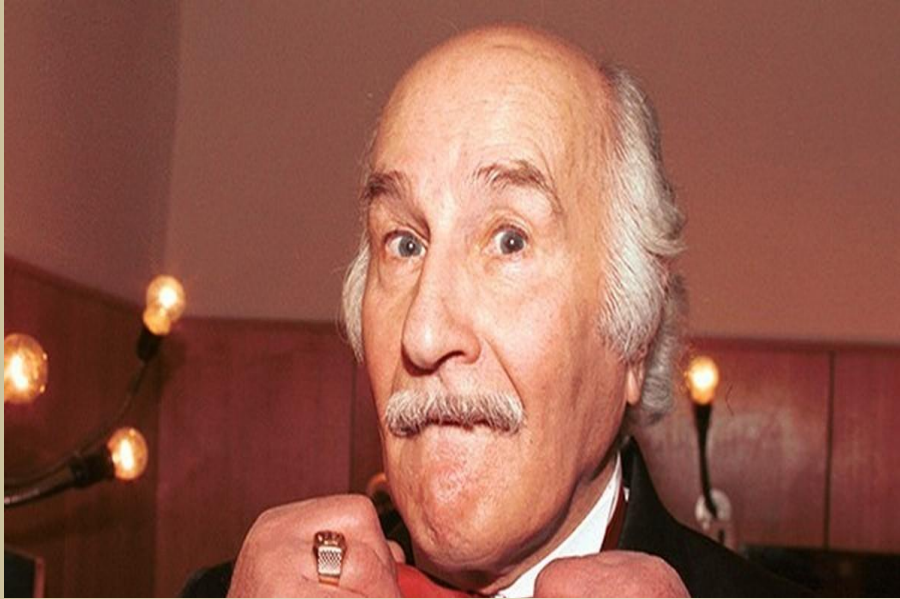
The secrets of long life

- 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.

