

Parade

SUNDAY, JANUARY 22, 2017 | PARADE.COM

LIVING TO
100

FOREVER

Your chances of living to 100 are better than ever. We've got the moves to get you there, p. 11.

YOUNG

PLUS

How One Doctor
Stays Healthy and Happy



Ponce de León's quest for the Fountain of Youth may have ended in disappointment, but we've learned a thing or two since then. In 2017, thanks to scientific strides in nutrition, chronic disease diagnosis and treatment, genetics and more, the possibility of living to 100 is within many Americans' reach. In a 2016 survey, 82 percent of *Parade* readers said they believed they'll live longer than their parents.

With longevity a hot topic, we've teamed up with the world-renowned Cleveland Clinic and its chief wellness officer, Michael Roizen, M.D., for a yearlong series on living to 100. What does a healthy, happy 100-year life look like? How can you boost your odds of making it there? And how do you plan for it—financially, emotionally, logistically? We'll tackle all these questions and more throughout 2017, drawing on the latest health news, advice from the experts on the front lines of aging research and the feedback you give us on how you're approaching the promise of a longer life.

Here's just a hint of what you can expect to learn this year about living to 100.

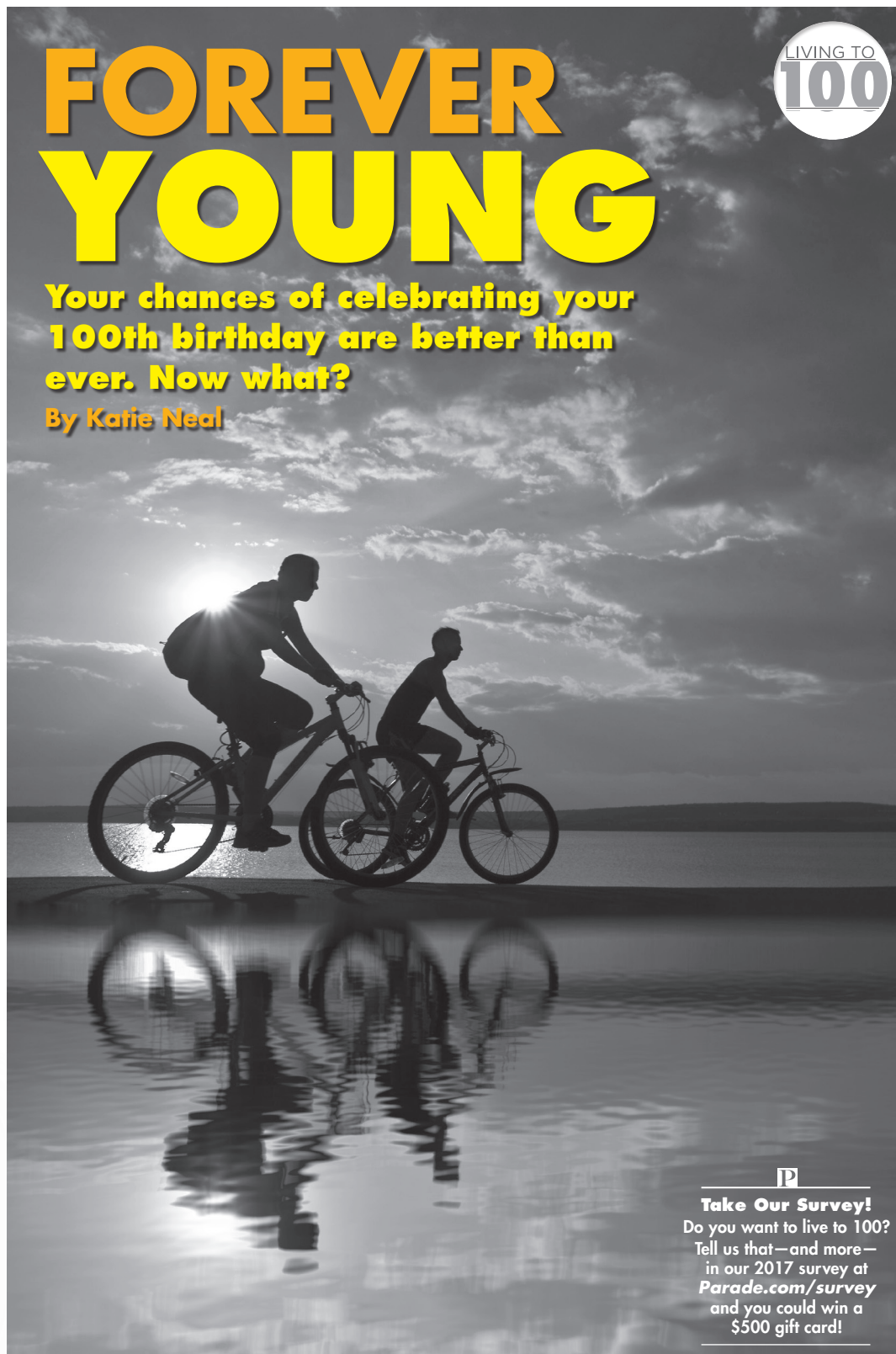
Turn the page for
Dr. Michael Roizen's
longevity-boosting day.

FOREVER YOUNG

**Your chances of celebrating your
100th birthday are better than
ever. Now what?**

By Katie Neal

LIVING TO
100



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Take Our Survey!

Do you want to live to 100?
Tell us that—and more—
in our 2017 survey at
Parade.com/survey
and you could win a
\$500 gift card!

JANUARY 22, 2017 | 11

The Keys to Longevity

The bad news: There's no one secret to living longer. The good news: There's more than one secret to living longer. These are just a few of the factors emerging as crucial to extending your life. (Stay tuned for more!)



Friends

"I don't know what I would have done so many times in my life if I hadn't had my girlfriends. They have literally gotten me up out of bed, taken my clothes off, put me in the shower, dressed me, said, 'Hey, you can do this,' put my high heels on and pushed me out the door!"

—actress Reese Witherspoon, 40



Diet & Exercise

"I do 10 push-ups every morning, then I breathe and do another 10."

—Supreme Court Justice Ruth Bader Ginsburg, 83



A Day in the Life of YOUNG DR. MIKE

Want to live to 100? Here's how one of the premier experts on longevity works health and happiness into every day.

At 71, Cleveland Clinic's chief wellness officer, Michael Roizen, M.D., keeps a schedule of patient visits, radio interviews, research, writing and, yes, even some fun that would exhaust people decades younger. But that's hardly a surprise. "Young Dr. Mike" (as he's known on Twitter) has dedicated much of the past 20 years to the study of longevity—specifically, the idea that simple daily choices can make your body and mind years younger than your calendar age. And there's no question the co-author of the upcoming book *AgeProof: Living Longer Without Running Out of Money or Breaking a Hip* (available Feb. 28) practices what he preaches. Here are just a few of the ways he boosts his longevity every day.



5:00 a.m. MORNING SMOOCHES

"The first thing I do is kiss my wife, Nancy." Choosing your partner wisely and with passion is one of Roizen's keys to longevity.



5:05 a.m. A LITTLE HEAD CLEARING

A five-minute meditation in the shower sets his intentions for the day and helps manage stress.

90

The number of minutes Roizen aims to spend on his treadmill desk by walking during conference calls and radio interviews

25

The calories in a small piece of dark chocolate, a favorite Roizen pick-me-up (along with a handful of walnuts) if dinner will be late

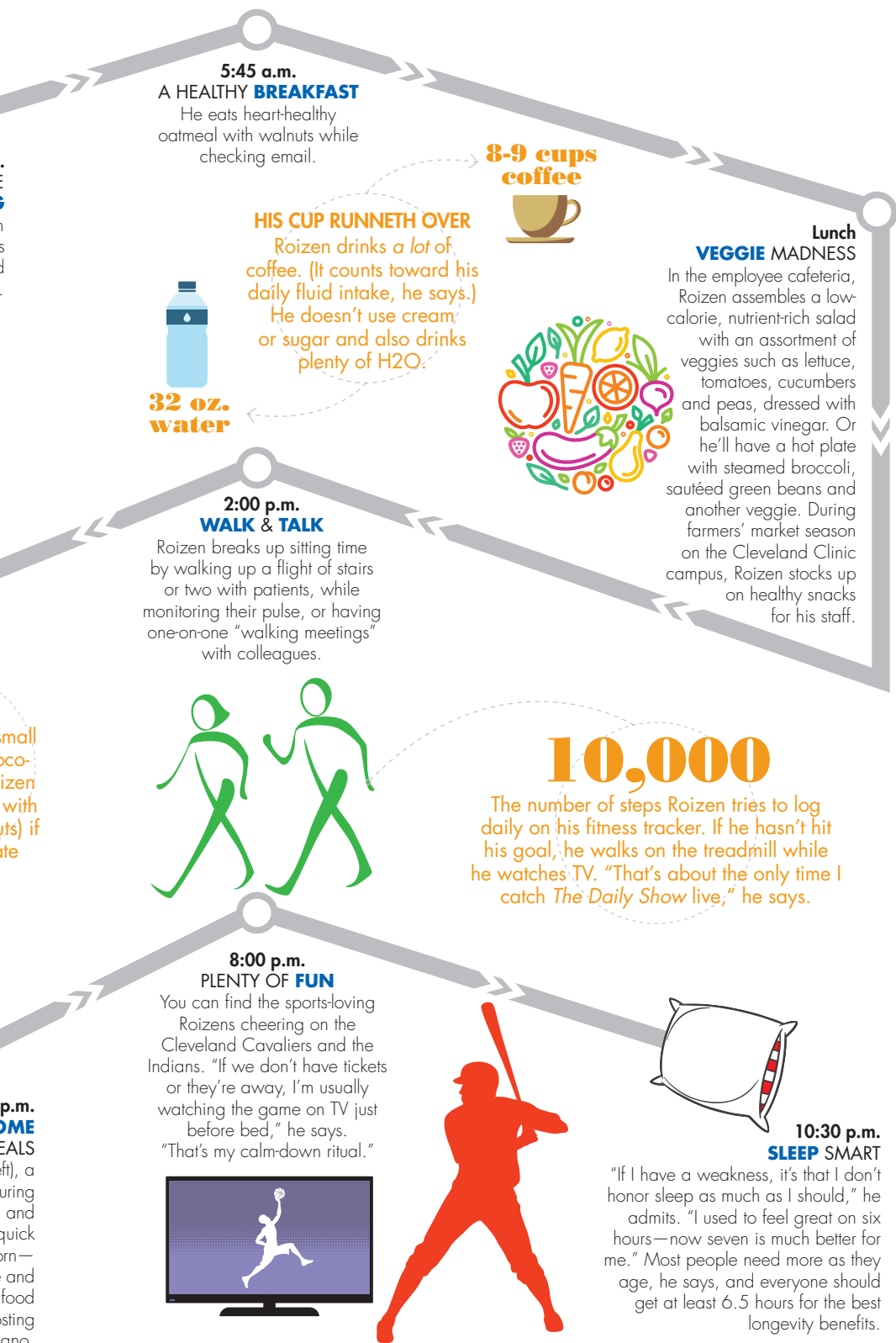
5:30 p.m. CONNECTING WITH FRIENDS

His evening commute is good for the soul: He likes to catch up with friends on the phone. And several times a week he uses FaceTime to video chat at home with his grown children, Jennifer and Jeffrey, and granddaughter, Julien.



6:30 p.m. WHOLESOME MEALS

Dinner, which Nancy (left), a pediatrician, typically cooks during the week, might be salmon, quinoa and cabbage. If she's working, he'll whip up a quick spicy soup with drained canned tomatoes and corn—and lots of onions! "If you can use a chef's knife and a spice cupboard, you can eat healthy and eat food that you love to taste." His favorite longevity-boosting spices: turmeric, garlic, rosemary and oregano.



WITHERSPOON BY ANDREW LIPOVSKY/NBC/GETTY IMAGES; GINSBERG BY NIKKI KAHN/THE WASHINGTON POST VIA GETTY IMAGES; ROIZEN BY CLEVELAND CLINIC; W/ WIFE BY ROIZEN FACEBOOK; WHITE BY KELSEY MCNEAL/ABC; BUSHES BY GLOBE PHOTOS/ZUMA; BRIN BY JIM SMEAL/REX SHUTTERSTOCK VIA ZUMA



Brain Games

"I don't have any trouble memorizing lines because of the crossword puzzles I do every day to keep my mind a little limber."

—actress Betty White, 95



Love

"My parents can't get enough of each other. Their love has grown stronger with each passing year. They laugh at each other's goofy jokes, hold hands when no one is around and generally look at each other like teenagers in love."

—Marvin Bush, 60, son of Barbara, 91, and George H.W. Bush, 92



Know Your Genes

"Until the fountain of youth is discovered, all of us will have some conditions in our old age. I have a better guess than almost anyone else for what ills may be mine—and I have decades to prepare for it."

—Sergey Brin, 43, Google co-founder, who has donated more than \$100 million to Parkinson's research since discovering he has a potential biomarker for the disease

