

Health
Eight Healthy Habits Linked to Living Decades Longer
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700,000 US military veterans between 40 and 99 years old

“People who adopt eight healthy habits by the age of 40 may live about two decades longer than those who don’t.”

“The effect is lower, but still significant, for people who have these eight habits by the time they are 60.”

- Healthy Diet [undefined in review, “mostly whole foods”]
- Physical Activity Regular Moderate Exercise
- Sleep Sleeping Well “7 to 9 hours a night”
- Mental Health Managing Stress
- Relationships Maintaining Positive Social Relationships
- Alcohol Use Minimal
- Smoking Never Smoking
- Opioid Use Not Having Opioid Use Disorder

These eight habits were correlated with a lower risk of dying from any cause.

“Physical activity influenced longevity the most.”

- “Moderate exercise—equivalent to at least briskly walking a few blocks each day—was associated with a 46% lower risk of dying ... than being sedentary.”

- **"Those who never smoked had a 29% lower risk [of dying] versus current or former smokers."**

Men who adopted all eight habits by the age of 40 would live 24 years longer.

Women who adopted all eight habits by the age of 40 would live 23 years longer.

"If people implemented the habits by the age of 60, they could extend their lives by up to 18 years."

"These eight lifestyle factors don't involve medications."

"Doctors don't necessarily need to be involved."

"This is very powerful because it shows that individuals really can have a say over their future health."