



emphasis

The Uchee Pines Institute health and news letter



10 TIPS TO LIVE TO 100

The fear of the LORD is the beginning of wisdom: and the knowledge of the holy is understanding. For by me thy days shall be multiplied, and the years of thy life shall be increased.” Proverbs 9:10-11

From U.S. News & World Report: The U.S. is one of five nations around the world with the largest number of people living to age 100 and beyond, ranking in second place after Japan. The next three nations are China, India, and Thailand. So,

just what does it take to live to 100? Although there are no guarantees, you can certainly give longevity a better shot with the following tips:

1. **Be social** - Studies have shown that people with fulfilling social lives and a wide variety of social connections have better memory and cognitive skills, and they retain better physical health. Even if you're an introvert and don't enjoy large social gatherings, it's beneficial to have a

few good friends that you can rely on. It's even better if your friends are involved in something you like but are slightly different from you in some ways. A healthy practice is to connect regularly with a vibrant local church group.

2. **Manage stress** - Occasional stress is fine, even healthy, but the key is to find ways to manage that stress in a healthy way. This is particularly important because chronic

stress can negatively affect every system in your body and can contribute to health issues like depression, heart disease, and cognitive decline. A 2023 stress study showed that people’s “biological age” increased dramatically when they were under high amounts of stress. The good news is that stress reduction can help your biological age decrease again, which means that short periods of stress don’t necessarily adversely affect your health.

Everyone’s stress-busting approach is a little different. That could mean time for yourself, traveling, playing games with your kids, getting some exercise, or doing whatever puts you in a more joyful mood. Keep trying different stress management approaches until you find what sticks. Being socially active and managing stress can go hand-in-hand. Those around you can help you through stressful times, provide comforting advice, and help you stick to those stress-reducing routines.

3. Get regular physical activity - For most people, the federal recommendation is 150 minutes of moderate heart-pumping activity a week, which you could break down into 30 minutes, five times a week. Find movement that you enjoy, be it hiking, swimming, tennis, or golf. Try to incorporate as much movement as you can throughout the day.

Additionally, strength training can be beneficial for older adults to reduce the risk of osteoarthritis and help increase bone strength. People who live in “blue zones” – areas of the world with greater longevity – tend to move a lot naturally by

walking, gardening, and doing house chores. Those may be options for you as well, but also consider taking the stairs instead of the elevator when possible or parking a little farther away from stores.

4. Eat healthy and fresh foods as often as you can - Eating healthy is often a challenge with so many processed food choices around. Plus, the availability of nutritious foods in certain communities can make it harder to eat well. Yet as much as you can, aim for fruits and vegetables, whole grains, and healthy fats (nuts, seeds, avocado, olive oil, etc.). Blue zones research has found longevity benefits from food choices like beans, vegetables (add them to soups and salads), and other plant-based foods.

Supplementation with vitamin D, omega-3 fatty acids and multivitamins may help stave off cancer deaths, coronary disease, and memory loss. Always check with your health care provider to make sure that using a supplement is right for your health needs.

5. Get enough sleep - Adults of any age generally need seven to nine hours of sleep nightly. As you get older, not getting enough sleep can increase your risk for falls, make you more forgetful, and contribute to feeling irritated or even depressed, according to the National Institute on Aging. You may need to try different techniques for sleeping better, from adjusting the temperature in your bedroom to incorporating natural sleep aids (chamomile or lavender tea).

A 2010 review published in the journal *Sleep* found that consistently sleeping too little (under 6 hours) or too much (more than 9 hours) was associated with a greater risk for illness and death compared with those sleeping seven to eight hours each night.

6. Have a good attitude - This can range from staying positive when life brings challenges, to being open to different experiences, to even graciously accepting help when it’s offered. Every day brings fresh blessings, as well as occasion to be a blessing to others. A positive attitude not only encourages others, but also goes a long way toward eliminating personal stress and melancholy. Studies have shown that having a good attitude increases productivity. And, let’s face it, it’s more fun to be around positive people.

7. Prioritize - Having priorities that support your social, emotional, and physical health can go a long way toward helping you live to 100. Focus on rewarding work, maintaining a satisfying home life, and fulfilling your responsibilities with positivity; don’t get drawn to things that may harm you in the long run or tempt you to compromise your health and well-being. Also, be sure to get regular medical and dental checkups.

8. Find ways to be involved with your community - A strong sense of community has proven to contribute to longer lives in each of the blue zone areas. Local libraries, YMCAs and religious groups can be great places to start and stay connected.

Many community colleges and civic centers also offer various hobby groups, exercise clubs, and self-improvement classes for older adults.

9. **Spend time in nature** - Appreciate what God has created and preserved for us; enjoy the various colors and sounds of the great outdoors. Reap the benefits of fresh air and proper sunshine. Find a beautiful tree or meadow to peacefully read a good book, meditate on Scripture, or pray. Most people find that their entire body relaxes when in nature, and their thoughts become more pleasant and positive as they contemplate the Creator's wonderful works in nature.

10. **Live like a Seventh-day Adventist** - Americans who identify as Seventh-day Adventists have an average life expectancy of 89, about a decade longer than the average American. One of the basic tenets of the religion is to take care of the body and mind that is on loan from God, which means no smoking, illegal drugs, drinking alcohol, or overindulging in sweets. Adventists typically stick to a vegetarian diet rich in fruits, vegetables, seeds, nuts, beans, and whole grains. They also get plenty of exercise, and cultivate close relationships with family and community.

“Ye shall walk in all the ways which the LORD your God hath commanded you, that ye may live, and that it may be well with you, and that ye may prolong your days in the land which ye shall possess.” Deuteronomy 5:33

Baked Spaghetti Squash



- 1 large spaghetti squash**
- 2 Tbsp olive oil**
- 1 med. onion, finely chopped**
- 3 cloves garlic, minced**
- 1 (14oz) can diced tomatoes**
- 1 (6oz) can tomato paste**
- 1 tsp dried basil**
- 1 tsp dried oregano**
- 1/2 tsp sea salt (or to taste)**

Preheat oven to 400°F. Carefully cut spaghetti squash in half lengthwise. Scoop out the seeds and stringy center using a spoon. Drizzle the cut sides with olive oil and sprinkle with a pinch of salt. Place the squash halves, cut side down, on a baking sheet. Roast in the preheated oven for about 40-45 minutes or until the flesh is tender and easily pierced with a fork.

While the squash is roasting, prepare the sauce. In a large skillet, heat the olive oil over medium heat. Add the chopped onion and minced garlic, and sauté until the onion becomes translucent and fragrant. Stir in the diced tomatoes, tomato paste, dried basil, dried oregano, and sea salt. Reduce heat to low and let sauce simmer for about 10-15 minutes, allowing the flavors to meld together.

Once the spaghetti squash is cooked and slightly cooled, use a fork to scrape the flesh lengthwise, separating it into strands that resemble spaghetti noodles. Transfer the spaghetti squash strands into the skillet with the tomato sauce. Gently toss the squash with the sauce until well combined and heated through. Top with fresh basil leaves, nutritional yeast, or vegan Parmesan cheese.

Omega-3

Omega-3 fatty acids (omega-3s) are polyunsaturated fats that perform important functions in your body. Your body can't produce the amount of omega-3s you need to survive. So, omega-3 fatty acids are essential nutrients, meaning you need to get them from the foods you eat (such as chia and flaxseeds, walnuts, and edamame), or from supplements (flaxseed oil or EPA and DHA capsules). Omega-3 fatty acids help all the cells in your body function as they should. While they're important to all your cells, omega-3s are concentrated in high levels in cells in your eyes and brain. In addition, omega-3s provide your body with energy (calories) and support the health of your cardiovascular system and endocrine system. Studies show that Omega-3s lower your risk for cardiovascular disease, blood clots, Alzheimer's disease, and dementia.

From our Lifestyle Center

What Our Guests are Saying

I had a blessed, wonderful experience in which I was drawn closer with my God. The staff, the classes, the food, everything is awesome. I am so blessed and I am leaving free of baggage that I've been carrying for years. Thank you, Uchee Pines staff for being the conduit of God's love to me to help me find my way back to health, not just physically, but mostly spiritually. "If any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new." 2 Cor. 5:17. Thank you, Lord Jesus, and thank you, Uchee Pines Life Style Center staff for a second chance in life. -Sim

YOU NEED TO KNOW

Next **Lifestyle Sessions** at the Lifestyle Center begin April 20, May 11, June 1.

Visit: ucheepines.org/lifestyle-center

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Improving Health Conference – Lifestyle Medicine and Natural Remedies – **April 16-19** – Devotional Speaker: Dwayne Lemon. **Visit:** ucheepines.org/events

Lifestyle Interventions with Natural Remedies for Health Professionals Conference – 15 CME/CEU Credits – Aug 20-23
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