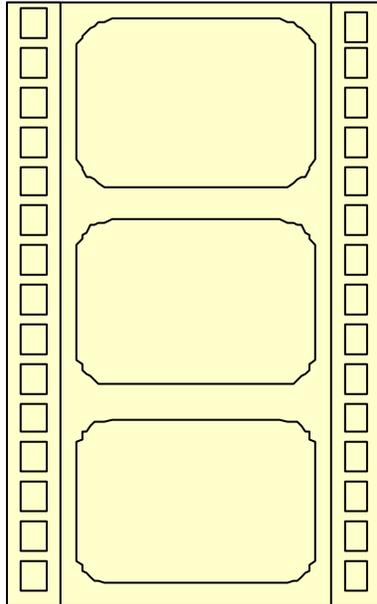


SHORT TAKES



“HOW TO STAY YOUNG”
10 Guide Posts For Aging Gracefully

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Short takes are information crammed into a small space/time frame. For example, in film, the “movie” may be only three minutes long and still pack a powerful punch. The subject can be anything.

In publications such as newsletters, ebooks and magazines, up to one page is a short take. As you will see in these pages, a topic is presented in short take format. This gives you enough information to kick start the thinking part of your brain.

It is up to you to take it from there, if you so desire.

That in a nutshell is a short take.

Enjoy ours...

Disclaimer: Nothing in the book is meant to be medical, financial or legal advice. It is for information purposes only and it is your decision whether to act, or not act, on any of it. Always, repeat always, contact a competent professional in the field in which you are interested/involved/active.

I don't know who first gave this advice but it is so good it bears repeating. Enjoy!

HOW TO STAY YOUNG

10 Guide Posts For Aging Gracefully

- 1. Throw out nonessential numbers. This includes age, weight and height. Let the doctors worry about them. That is why you pay "them."**
- 2. Keep only cheerful friends. The grouches pull you down.**
- 3. Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the brain idle. "An idle mind is the devil's workshop." And the devil's name is Alzheimer's.**
- 4. Enjoy the simple things.**
- 5. Laugh often, long and loud. Laugh until you gasp for breath.**
- 6. The tears happen. Endure, grieve, and move on. The only person, who is with us our entire life, is ourselves. Be ALIVE while you are alive.**
- 7. Surround yourself with what you love, whether it's family, pets, keepsakes, music, plants, hobbies, whatever... Your home is your refuge.**
- 8. Cherish your health: If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.**
- 9. Don't take guilt trips. Take a trip to the mall, even to the next county; to a foreign country but NOT to where the guilt is.**
- 10. Tell the people you love that you love them, at every opportunity. AND ALWAYS REMEMBER: Life is not measured by the number of breaths we take, but by the moments that take our breath away.**