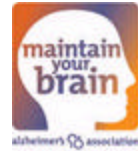


Top 10 Tips for Aging Successfully

#1 Eat to Live --Don't Live to Eat

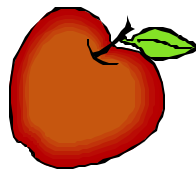


#2 Move it or Lose It! www.nihseniorhealth.gov.



#3 Exercise, Exercise, Exercise... your BRAIN

#4 Medicate Sparingly



#5 An apple a day

<http://www.medicare.gov/Publications/Pubs/pdf/10110.pdf>



#6 Sleep is good...when you can get it



#7 Sex is Better www.mayoclinic.com



#8 Retire with a Purpose:



#9 Stay Connected:

It takes a Village-The Power of Social Engagement

#10 Plan for the Future:

