



From the team whose best-selling books and seminars have changed millions of lives—the secrets to living longer, stronger, healthier and sharper

Younger N

OKEYDOKE, you're in your 50s or 60s, maybe your 70s. And you've done pretty well. Very well, let's say—a good life.

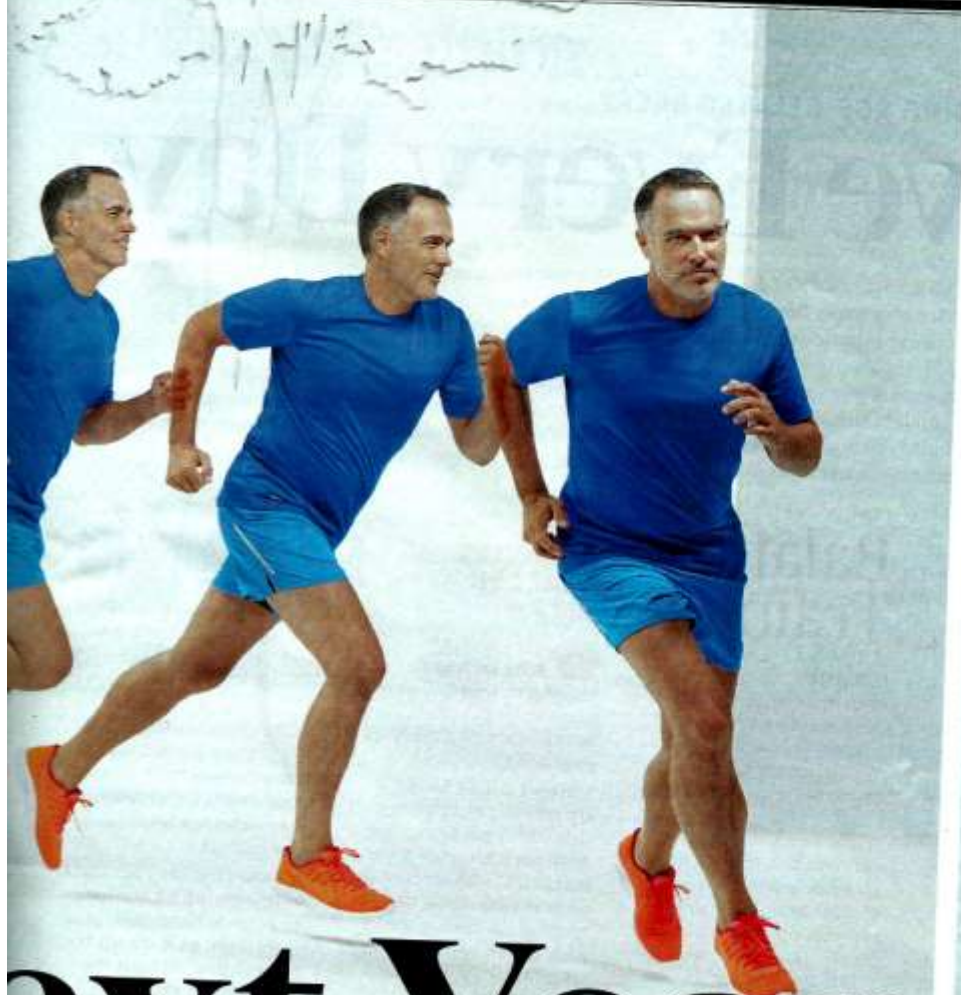
But the nagging questions gnaw in the night: What's my third act going to be like? Will I be me or some busted-down old plop? Is this gonna be any fun or just boredom laced with terror? What's next?

It was questions like those that took me into the office of my physician, the esteemed Henry "Harry" Lodge, some years back. His solid, optimistic answers thrilled me, motivated me and changed my life. They also prompted

us to write the *Younger Next Year* books, which are the subject of the rest of this piece.

Short version: The third act may be the best in the play. Not guaranteed, but a good chance. Do some work and you can be yourself almost all the way out to the waterfall, and have a hell of a time (my own 70s, just concluded, were the best years in a terrific life).

Best of all, it's up to you. How long you live is 80 percent genes and 20 percent you. But how *well* you live is 80 percent up to you and 20 percent genes. You're in



Next Year

By Chris Crowley and Henry S. Lodge, M.D.

control here. That's nice. Very, very nice.

How nice? Try this. Do what Harry and I urge, and you can put off 70 percent of normal aging till the very end. You can actually skip 50 percent of all the major diseases and accidents, which the other kids are going to have completely. No joke. Those numbers are conservative. And your life can be major fun.

"There is a catch, perhaps?" you wisely ask. Yes, there's a catch, but it's not that bad.

The big one: The most important thing you can do is

work out—pretty hard—six days a week, until the day you die. Got to quit eating garbage, too. And you have to care about something—other people, a cause, your god.

"Six days a week!" you shriek. "C'mon!"

C'mon, yourself! The payoff is astonishing. It's beyond wonderful. Of course, there's going to be some work.

You thought there was gonna be a pill, for heaven's sake? Please! Grow up. The fact is, the process is pretty good fun, itself a significant part of the good life.

Read on. It's interesting. And absolutely true.



Chris & Harry's rules

7 RULES TO STOP AGING

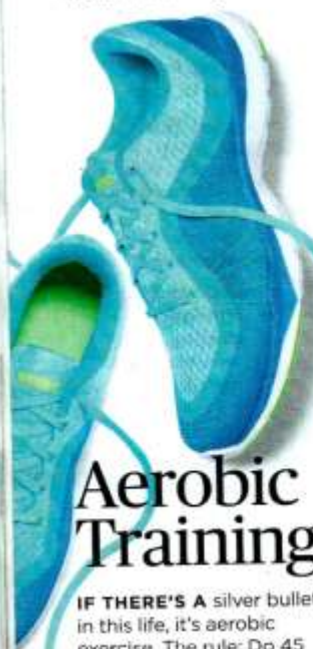
- 1 Exercise six days a week for the rest of your life.
- 2 Do serious aerobic exercise four days a week for the rest of your life.
- 3 Do serious strength training, with weights, two days a week for the rest of your life.
- 4 Spend less than you make.
- 5 Quit eating crap!
- 6 Care.
- 7 Connect and commit.

PART 1
THE KEYS TO ENDING AGE-RELATED DECAY

Move Every Day

MOST OF WHAT people call aging, and most of what we all dread about getting older, is actually decay. We are stuck with real aging, but decay is optional. What do we mean? In the absence of signals to grow, your body, including your brain, decays, and you "age." The keys to overriding the decay signals? Daily exercise, good nutrition, emotional commitment and a real engagement with living. But it starts with exercise. You have to

exercise because it's who you are, where you came from, hundreds of thousands of years ago. In the springtime on the African savanna, where humankind grew up, hunting and gathering required hours of walking, with intervals of running and sprinting in between. Exercise, then, is the single most powerful signal you can send your body that it's spring, and time to live and grow. It isn't complicated, but you have to do it every day.



Aerobic Training

IF THERE'S A silver bullet in this life, it's aerobic exercise. The rule: Do 45 minutes a day, four days a week, forever. How come?

Aerobic exercise changes your blood chemistry—makes it anti-inflammatory. This is the bit of magic that reduces your risk of heart disease and some cancers by 50 percent, and Alzheimer's disease by 40 percent. Nothing in medicine can touch that.

What to do? Bike. Jog. Swim. Hike. It doesn't matter what you do—just do it.

Balance Training

BALANCE, coordination and proprioception (your sense of where you are in space) are all run by your brain's signaling system. The brain has 100 billion neurons, or signal senders, each with connections to 10,000 other neurons. And one of your brain's big jobs is dictating—in exquisite detail—how you move.

But there's a problem: Everything you don't use rots! Especially the signaling system that governs the body's fine motor movements. Which means, of course, that your balance and coordination go to hell and you don't know where you are. Sounds like the very definition of old age, doesn't it?

TWO EXERCISES THAT CAN HELP

1 Hip Circles

Why bother? Moving in three dimensions is an excellent way to maintain flexibility in your hips.

• **Step 1** On all fours, lift one leg out to the side, then back, up, and down in a circular-style motion. Do 10 clockwise on one side, then 10 counterclockwise. Keep your lower back still. As your mobility improves, increase the size of your circles.

• **Step 2** Repeat on the other side.



2 Overhead Reach (Dry Backstroke)

Why bother?

This one is outstanding for mid-back and shoulder mobility.

• **Step 1** Lie on your back with one leg bent. Reach over your head with your right arm, as if doing the backstroke. Return the arm to your side.

• **Step 2** Alternate between the right and left, 10 times each.



ARTHRITIS?
GET MOVING
ANYWAY

Harry explains

Some patients tell me they can't strength train because they have arthritis and it hurts. But strong muscles can help protect the joints. Most arthritis patients report about a 50 percent reduction in pain with several months of strength training.



Strength Training

IF IT'S AEROBICS that keeps you alive and moving, it's strength training that offers you quality of life. The rule: Strength train two days a week. For the rest of your life. Normal aging is grim. It means losing 10 percent of your muscle mass every decade after age 40. Ditto bone mass. At 60, you can't get out of a deep chair. Or the tub. Your joints hurt. So do your back, your hips, your knees. You fall down and break a hip. You're a boring old wreck. That's normal aging.

But do serious strength training two days a week and you'll have little muscle loss and much less bone loss. You don't need machines. Use free weights, elastic bands, your own body. Worry like crazy about posture: Lousy posture is the mother of bad hips. Which are the mother of bad backs. Get a decent exercise book or video. Doing strength training wrong is worse than not doing it at all.

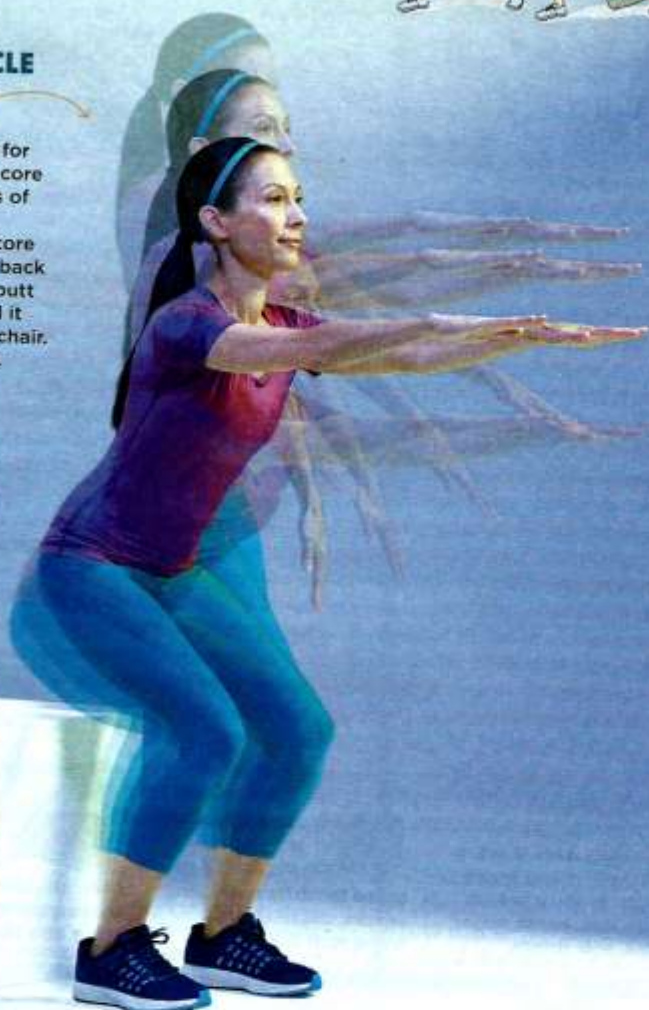
5 EXERCISES TO BUILD MUSCLE

1 The Squat

Why bother? It's superb exercise for strengthening your core and the big muscles of your legs.

• **Step 1** With your core tightened and your back straight, drop your butt back and down until it almost touches the chair. Hinge from the hips.

• **Step 2** Return to standing. Repeat.



2 Split Squat

Why bother? This is great for hip stability.

• **Step 1** Stand with one foot about 18 inches ahead of the other.

• **Step 2** Lower your butt until your front thigh is parallel to the floor. Rise, and repeat on other side.



3 Rotation With a Medicine Ball



Why bother?

It boosts your arm strength.

• **Step 1** Engage your abs. Begin in a squat position, swinging the ball to the right.

• **Step 2** Swing the ball to the left and over your shoulder. Repeat.



4 Side Plank

Why bother? This enhances lateral hip and core stability.

• **Step 1** Lie on your side, up on one elbow, with your opposite hand on your hip. Lift your hips and knees.

• **Step 2** Hold for 10 seconds. Relax. Repeat.



5 Crunch

Why bother? It builds abs.

• **Step 1** Lie on your back with one or both knees bent. Contract your abs and use them to lift your shoulders slightly off the floor.

• **Step 2** Hold for 3 to 5 seconds. Repeat.