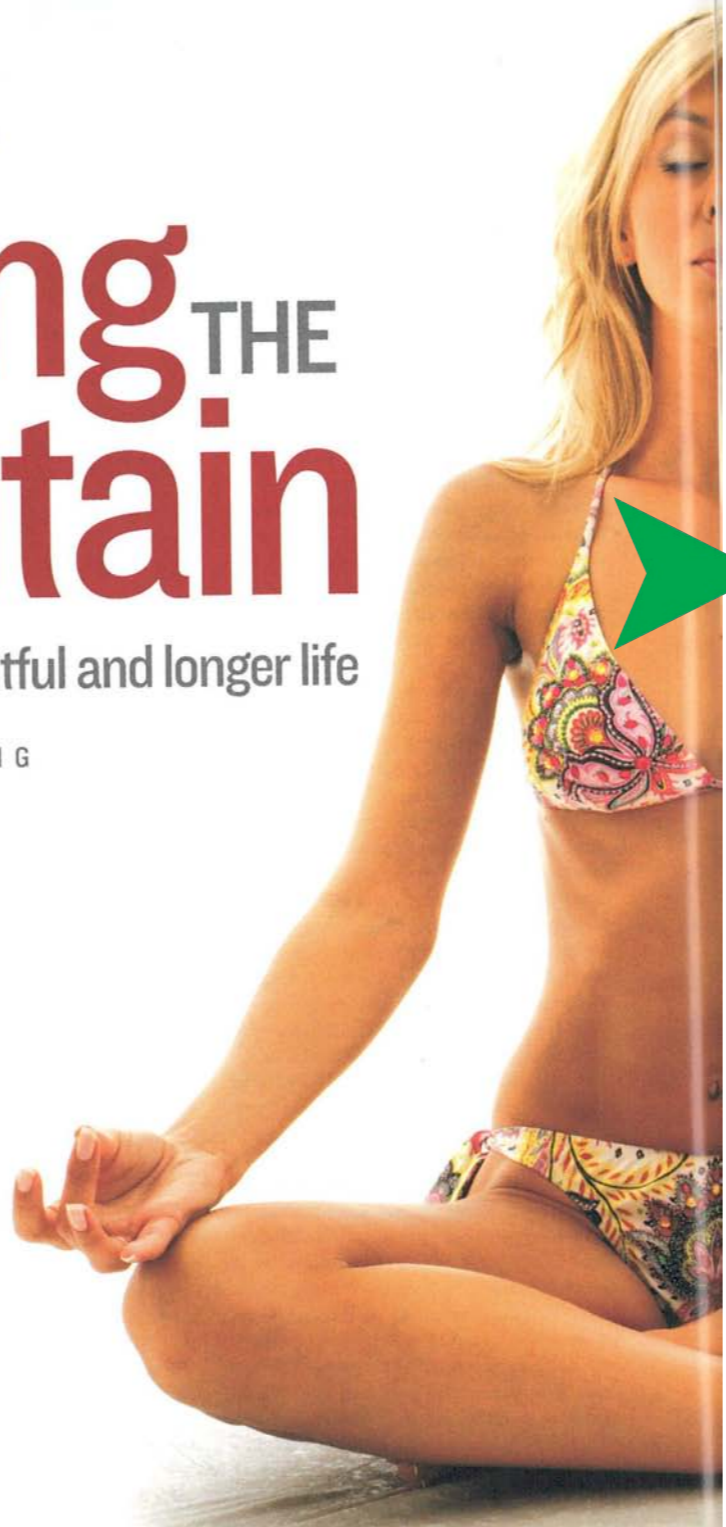


Finding THE Fountain

15 tips to a happier, more fruitful and longer life

By SANDRA FONG YOUNG

IF 40 IS THE NEW 30, and 30 is the new 20, how do you achieve that youthful exuberance that causes some to walk three miles every morning at 80 or be a blushing newlywed at 65? *bizSanDiego* asked the question: "What can you do to live longer?" And answers flowed in from a variety of health and wellness experts, offering advice on how to be healthier, happier, live longer and enjoy life. Why not try out these 15? »



Where to find...

A few places to help you live longer

American Heart Association, San Diego
(858) 410-3850
www.americanheart.org

DREAM Wellness
1976 Garnet Avenue
San Diego 92109
(858) 274-2225
www.dreamwellness.com

ElderHelp of San Diego
4069 30th Street
San Diego 92104
(619) 284-9281
www.elderhelpofsandiego.org

San Diego Center for Health
2667 Camino Del Rio South, Suite 112B
San Diego 92108
(619) 299-1200
www.sdcenterforhealth.com

Spa at La Costa
2100 Costa Del Mar Road
Carlsbad 92009
(760) 438-9111
www.lacosta.com

**Laura Zweckbronner
Marriage and Family Therapist**
1807 Robinson Avenue, Suite 204
San Diego 92103
(619) 685-8836

all negative self-talk. You are wonderful, dammit!

7 EXERCISE YOUR BODY AND MIND. Wilimas notes that every 30 minutes of vigorous exercise per day adds an hour to a person's life expectancy. So get out and walk, stretch or lift weights. For your mind, "Maintain a sense of humor and a sense of wonder," recommends Barry Lebowitz, deputy director of UCSD's Stein Institute for Research on Aging. Brain (not mind) games that a person can play include chess, crossword puzzles and Sudoku.

8 HAVE SEX. It's "a wonderful cardiovascular workout!" says Mindy Mar of the San Diego Center for Health. Mar also notes that by making people less stressed and better rested, sex can lower their blood pressure and protect against stroke and heart disease. See number six and seven for other reasons why this can help you live longer. However, do not have unprotected sex.

9 DON'T SMOKE. James V. Dunford, professor for the department of emergency medicine, UCSD Medical Center, notes, "With 100 percent certainty, one day [smokers will] wish they never took up the habit." Smoking increases the risk for smoking-related diseases, such as lung cancer and heart disease. If it's stress that you are trying to reduce, try one of the healthy items on this list. Damage caused by smoking is cumulative, so stop now.

10 SET GOALS. What do you want to do? How are you going to do it? Write it down and get ready to check it off. Brian Stenzler, president and CEO and co-founder of DREAM Wellness, advises, "Live consciously and purposely." Motivating yourself with a clear action plan to reach a desired outcome will keep you working toward that outcome.

11 LAUGH. "It's like inner aerobics," says Zweckbronner. "Be fearlessly silly with friends, watch a funny show, have a whipped cream fight with the kids." Laughter releases endorphins and is often

considered a "natural medicine" for its many benefits, including helping to de-stress the body and increasing the flow of blood and oxygen.

12 BREATHE. It sounds rather silly, but proper breathing and relaxation de-stress the mind and body, and stress has been known to cause a myriad of health problems. Try long, deep and slow breaths throughout the day, especially when you feel anxious or tense. Let yourself focus on your breathing. "Meditation, visual inspiration and music and sounds that nourish the soul assist in soothing the spirit," says Rianna Riego, director of the Spa at La Costa.

13 PRACTICE SAFETY. Think about all the things your mother yelled at you for not doing when you were little. Do those things now. Such motherly advice includes: Wear your bike helmet. Wear your seat belt. Don't drink and drive. After 28 years working in an emergency room, Dunford has seen too many who have not heeded such simple advice that could easily have saved one or more lives. Dunford comments, "I've seen just about every conceivably preventable bad thing."

14 ADOPT A PET. "Many studies have shown that owning a pet decreases depression, relieves stress, decreases cholesterol, increases self-esteem in children and increases family happiness," says Mar. Go to an animal shelter and find the pet right for you. Also consider adopting older animals, instead of just the babies, since these more mature pets are often more grateful for your affection.

15 DON'T BE AFRAID TO GET HELP. Dunford, who is also the medical director for the city of San Diego, notes, "Untreated mental health conditions tax the psyche, result in bad decisions and unnecessarily rob people of their best years." The tips listed above are all aids for a longer life, but they will not work if you are not willing to seek the help of others. Listen to your body and your mind in order to create a balanced, healthy life. ■

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Innovation central

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