

AGING SECRETS

**MAKE THIS SIMPLE CHANGES IN
YOUR LIFE TO LIVE LONGER**



Aging Secrets

**The Secrets To Living Longer By Looking
Younger And Feeling Younger**

Table of Contents

Introduction.....	4
The Importance of regularly Visiting your Doctor	7
Regular Doctor Visits can help to Prolong your Life.....	7
Forget about Self-Diagnosis	8
Get a Comprehensive Checkup	8
The Benefits of Getting Outside More.....	10
The Importance of Vitamin D	10
How Vitamin D helps you.....	11
Get Enough Sleep But Don't Overdo It.....	12
A Consistent Sleeping Habit is Essential	12
The Link between Sleep and Longevity.....	13
The Importance of Socializing.....	15
It is not totally clear why Socializing helps with Longevity.....	15
Maintain a Positive Social Circle	16
Improve your Communications with others	17